

I've Been Found

拍數: 48 牆數: 4 級數: Improver
編舞者: Meiske Pamaputera (INA) - February 2016
音樂: I Been Found 2.26 - Sam Millar



Sequence : 48- 48 – 32- 48- 48 – 32- 48 -32

Intro: 32 counts

Note; Thanks to Henrico for suggesting this energetic music.

S1: RIGHT SWIVET, HOLD, LEFT SWIVET, TRAVELLING TWIST TO RIGHT

1-4 On Ball of Left and Heel of Right, Hold, On Ball of Right and Heel of Left, Hold*

Easier version – Twist Right, Hold, Twist Left, Hold

5-8 On Ball of Both Feet twist to Right with both toes, heels, toes, Hold

S2 : LEFT SWIVET, HOLD, RIGHT SWIVET, TRAVELLING TWIST TO LEFT

1-4 On Ball of Right and Heel of Left, Hold, On Ball of Left and Heel of Right, Hold *

Easier version – Twist Left, Hold, Twist Right, Hold

5-8 On Ball of Both Feet twist to Left with both toes, heels, toes, Hold (weight on Left)

S3 : SWIVEL TRAVELLING FORWARD DIAGONAL RIGHT

1-4 With weight on Left Travelling Forward Diagonal Right : Swivel Right Heel, Toe, Heel, Toe (01;30)

5-8 Continue swiveling Right Heel, Toe, Heel, Toe

S4 : 1/ 8 TURN RIGHT SLIDE, SWAY HIP LEFT & RIGHT, TRIPLE SIDE STEP, TOUCH

1-4 1/8 Turn Right Slide Right , Hold, Shake Hip Left & Right

5-8 Step Left to Left, Step Right next to Left, Step Left to Left, Touch (03;00) **

** Restart on wall 3 (09 :00) & on wall 6 (06:00)

S5 : JUMP FORWARD, JUMP BACK, STEP FORWARD RIGHT, LEFT, RIGHT, LEFT

1-2 Jump forward Right& Left shoulder width , Hold

3-4 Jump back on Right & Left shoulder width, Hold

5-8 Step forward Right, Left, Right, Left (show attitude)

S6 : 3 PADDLE TURN, SLIDE HOLD

1-4 Step Right forward, ¼ Turn Left, Step Right forward, ¼ Turn Left (09;00)

5-8 Step Right forward, ¼ Turn Left, ¼ Turn Left Slide Right to Right, Hold. (03;00)

Start again & Enjoy the dance

Contact: www.sagitadance.com, www.meiske.com.