

Been Around

COPPER KNOB
BY STEPHENETS

拍數: 32 牆數: 2 級數: Improver
編舞者: Sophie Ruhling (FR) - October 2019
音樂: Been Around - Cody Jinks



#16 count intro

*5 TAGS - 1 ENDING - 1 INTERMISSION - HAND VARIATIONS

Dance specially written for the Country Western Festival Amiens France October 2019

SECT.1 : WALK R, WALK L, STOMP R DIAGONAL, STOMP L DIAGONAL, SWIVEL R FOOT, KICK BALL CROSS

1-2 walk R, walk L
3-4 stomp R fwd diagonal R, stomp L fwd diagonal L (hand variations: R hand with gun (3) & L hand with gun (4))
5&6 swivel R heel in place, swivel R toe in place, swivel R heel in place (weight on L)
7&8 kick R fwd, step R ball in place, cross L over R (hand variations: put your 2 guns in the holsters)

SECT.2 : TRIPLE STEPS R TO R SIDE, ROCK STEP L BACK, KICK BALL CROSS, BIG STEP L TO L SIDE, DRAG R

1&2 step R to R side, step L beside R, step R to R side
3-4 rock step L back, recover onto R
5&6 kick L fwd, step L ball in place, cross R over L
7-8 big step L to L side, slide R towards L (weight on L)

SECT.3 : STOMP UP R FWD, R HEEL BOUNCES, SAILOR STEP L, SAILOR STEP R

1&2 stomp up R fwd, lift R heel, drop R heel (weight on L) (hand variations: move both your guns in the air)
&3&4 lift R heel, drop R heel, lift R heel, drop R heel (weight on R) (hand variations: move both your guns in the air)
5&6 cross L behind R, step R to R side, step L to L side (hand variations: put your 2 guns in the holsters)
7&8 cross R behind L, step L to L side, step R to R side

SECT.4 : MAMBO STEP L FWD, MAMBO STEP R BACK, STEP 1/2 TURN R, WALK L, WALK R, WALK L

1&2 mambo step L fwd, recover onto R, step L in place
3&4 mambo step R back, recover onto L, step R in place
5&6 walk L, 1/2 turn R, walk L (6.00)
7-8 walk R, walk L (hand variations: slap both hands to remove powder)

***tag here walls 1 (6.00), 2 (12.00), 4 (12.00), 5 (6.00), 8 (6.00): 1-4 POINT SWITCHES**

1-2-3-4 point R to R side, step R in place, point L to L side, step L in place (weight on L)

***intermission here wall 7 (6.00): 1-32 TRIPLE STEPS R & L TURNING R IN A FULL CIRCLE AND A HALF (16 COUNTS), TRIPLE STEPS R & L FWD (8 COUNTS), TRIPLE STEPS R & L BACK (8 COUNTS)**

1-16 a lternate triple steps R & L doing one full circle and a half to the R to end facing the 12 o'clock wall (count twice: 1&2, 3&4, 5&6, 7&8)

1-8 facing the 12.00 wall alternate R & L triple steps fwd (count 1&2, 3&4, 5&6, 7&8)

1-8 facing the 12.00 wall alternate R & L triple steps back (count 1&2, 3&4, 5&6, 7&8)

hand variation : wave your scarf in the air on the triple steps

***ending here wall 8 (6.00): 1-16 BIG STEP R TO R SIDE, DRAG L, BIG STEP L TO L SIDE, DRAG R WITH 1/2 TURN L, WALK R DIAGONAL R, DRAG L, BACK L DIAGONAL L, DRAG R**

1-4 big step R to R side (1), slide L to R (2-3), touch L beside R (4) (weight on R)

hand variation: blow on your guns to cool them

5-8 big step L to L side (5), slide R to L turning 1/2 turn L on L foot (6-7), touch R beside L (8)
(weight on L) (12.00)

hand variation: blow on your guns to cool them

1-4 walk R to R diagonal (1), slide L to R (2-3), touch L beside R (8) (weight on R)

5-8 back L to L diagonal (5), slide R to L (6-7), touch R beside L (8) (weight on L)

hand variation : take off your hat to bow
