

# Been up Since!

拍數: 32      牆數: 2      級數: Beginner  
編舞者: Agnethe Hansen (DK) - November 2023  
音樂: Dirt on My Boots - Jon Pardi



## Intro 16 counts

### Chasse right – Back rock left – Chasse left – Back rock right

- 1&2      Step right foot to right side (1) Close left foot beside right foot (&) Step right foot to right side (3)  
3-4      Rock back on left foot (3) Recover on right (4)  
5&6      Step left foot to left side (5) Close right foot beside left foot (&) Step left foot to left side (6)  
7-8      Rock back on right foot (7) recover on left (8)

### Step forward right, touch left – Shuffle bag left -Bag rock right – Kickball step right

- 1-2      Step forward on right foot (1) Touch left toe beside Right foot (2)  
3&4      Step left foot back (3) Step right foot next to left (&) Step left foot back (4)  
5-6      Rock back on right foot (5) Recover on left foot (6)  
7&8      Kick right foot forward (7) step down on right foot (&) ball step on left foot beside right foot (8)

### Walk right, Walk left – Shuffle forward – Step forward touch – Step back hock

- 1-2      Walk forward on right (1) Walk forward on left (2)  
3&4      Step right foot forward (3) step left foot beside (&) step right foot forward (4)  
5-6      Step forward on left (5) Touch right beside left foot (6)  
7-8      Step back on right (7) Hock left heel under right knee, clap on boots (8)

### ¼ turn left, flick right – side touch right – Vine ¼ turn left – Touch right

- 1-2      Make a ¼ turn left stepping forward on left (1) flick out on right and clap on boots (2)  
3-4      Step right foot to right side (3) Touch left toe beside right (4)  
5-6      Step left foot to left (5) step right foot behind left (6)  
7-8      Make a ¼ stepping left foot forward (7) Touch right toe beside left foot (8)

### Restart on wall 3 after 16 counts

### Tag after ending of wall 7 - 4 count Rocking chair

- 1-2      Rock forward on right foot (1) Recover on left foot (2)  
3-4      Rock back on right foot (3) Recover on left foot (4)