

AB Like This

COPPERKNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Absolute Beginner
編舞者: Becky Hawthorne (USA) - July 2024
音樂: Been Like This - Meghan Trainor & T-Pain



Intro: 16 counts. Dance starts with the vocals.

Section 1: V-STEP WITH HOLDS

1, 2 Step RF to R forward diagonal, Hold
3, 4 Step LF to L forward diagonal, Hold
5, 6 Step RF back to center, Hold
7, 8 Step LF back to center, Hold

Section 2: CHARLESTON, MODIFIED CHARLESTON

1, 2 Step RF small step forward, Kick LF forward
3, 4 Step LF small step back, Touch R toe back
5, 6 Step RF small step forward, Kick LF forward
7, 8 Step LF small step back, Touch R toe forward

Optional styling count 8: Bend left knee as you touch R toe forward

Section 3: FWD, HOLD, FWD, HOLD, FWD, FWD, BACK, BACK

1, 2 Step RF forward, Hold
3, 4 Step LF forward, Hold
5, 6 Step RF forward, Step LF next to RF
7, 8 Step RF back, Step LF next to RF

Optional styling counts 5-8: Bend knees on forward steps (5-6), straightening as you step back (7-8)

Section 4: 1/8 SIDE, HOLD, TOGETHER, HOLD, 1/8 SIDE, TOGETHER, SIDE, TOGETHER

1, 2 1/8 Step RF to R side (1:30), Hold
3, 4 Step LF next to RF, Hold
5, 6 1/8 Step RF to R side (3:00), Step LF next to RF
7, 8 Step RF to R side, Step LF next to RF

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