

I've Been Known

拍數: 32 牆數: 4 級數: Beginner
編舞者: Kim Kendrick (CAN) - August 2024
音樂: We Ride - Bryan Martin



Intro: On word "I've"

[1-8] R&L TOE-HEEL, STOMP, HOLD. R COASTER BWD, HOLD. L SHUFFLE FWD, HOLD.

1 Touch R toe beside L with knee pointing toward L
&2& Touch R heel forward with toe pointing forward, stomp R foot beside L, hold
3 Touch L toe beside R with knee pointing toward L
&4& Touch L heel forward with toe pointing forward, stomp L foot beside R, hold
5&6& Step R back, step L back next to R, step R forward, hold
7&8& L shuffle forward (LRL), hold

[9-16] R&L SIDE ROCK, HOLD. R MAMBO FWD, HOLD. L COASTER BWD, HOLD.

1&2& Rock R to side, touch to L, hold
3&4& Rock L to side, touch to R, hold
5&6& R mambo step forward, recover on R, hold
7&8& Step L back, step R back next to L, Step L forward, hold

[17-24] R SLIDE. L SLIDE TO R. L SLIDE FWD, L SLIDE TO R, L TO SIDE, L SLIDE TO R. L COASTER BWD, HOLD. R SHUFFLE FWD, HOLD.

&1&2 Slide R on floor to R side, slide L on floor touch L beside R (weight should be fully on R for count 1. L should be touching beside R on count 2)
&3 Slide L straight forward (fully forward for count 3)
& Slide L together to R,
4 Slide L straight to side (count 4 fully to L side)
& Slide L together to R
5&6& Step L back, step R back next to L, Step L forward, hold
7&8& Shuffle R forward (RLR), hold

[25-32] L ROCKING CHAIR. L ROCKING CHAIR WITH ¼ TURN L. L SHUFFLE FWD, HOLD. R SIDE ROCK, HOLD.

1&2& Step L forward with R in place, recover R, rock L back with R in place.
3&4& Step L ¼ turn to L with R turning slightly to the L, recover R, rock L back with R in place
5&6& Shuffle L forward (LRL), hold
7&8& Rock R to side, touch to L, hold

Tag: Occurs only on wall 1 after first 16 counts. Hold 2 seconds and then continue with counts 17-24 starting with R slide to R when vocal says "Ride". Weight should fully be on R when vocal says "Down".

Ending: Finish the last wall with 32 counts, facing 3 O'clock. Hold. Slide R to R and hold when vocals say "For that Ride".

Have fun!

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