

Been Like This

COPPERKNOB
STEPSHEETS

拍數: 96 牆數: 4 級數: Phrased Advanced
編舞者: Cameron Stuart (USA) & Derek Jackson (USA) - October 2024
音樂: Been Like This - Meghan Trainor & T-Pain



INTRO: 16 COUNTS

PHRASING: A,B,C, A,B,C, A,C,C(16)

PART A

[1-8]: STEP, HOLD, STEP, HOLD, HIP ROLL

1-2 1)Step R to R diagonal, 2)Hold
3-4 3)Step L to L diagonal, 4)Hold
5-6-7-8 5-7)Roll hips clockwise, 8)End roll with weight on L

[9-16]: CROSS BACK SIDE X2, PIVOT 1/2 TURN X2

1&2 1)Cross R over L, &)Step back on L, 2)Step R to R side
3&4 3)Cross L over R, &)Step back on R, 4)Step L to L side
5-6 5)Step forward on R, 6)1/2 turn L switching weight to L
7-8 7)Step forward on R, 8)1/2 turn L shifting weight to L

[17-24]: CHARLESTON, STEP-LOCK-STEP, ROCK, RECOVER

1-2 1)Touch R forward, 2)Step back on R
3-4 3)Touch L back, 4)Step forward on L
5&6 5)Step forward on R, &)Step L behind R, 6)Step forward on R
7-8 7)Rock forward on L, 8)Recover on R

[25-32]: BACKWARDS FULL VOLTA TURN, JAZZ BOX W/ 1/4 TURN

1&2& 1)1/4 turn L stepping L back, &)Close R behind L, 2)1/4 turn L stepping L back, &)Close RF behind L
3&4 3)1/4 turn L stepping L back, &)Close R behind L, 4)1/4 turn L stepping L back
5-6 5)Cross R over L, 6)Step back on L making a 1/4 turn R
7-8 7)Step R to R side, 8)Step forward on L

PART B

[1-8]: DOROTHY STEP R, DOROTHY STEP L, PIVOT 1/2 TURN, 1/4 R, BEHIND

1-2& 1)Step R to R diagonal, 2)Step L behind R, &)Step R to R diagonal
3-4& 3)Step L to L diagonal, 4)Step R behind L, &)Step L to L diagonal
5-6 5)Step forward on R, 6)1/2 turn L switching weight to L
7-8 7)Step forward on R making a 1/4 turn L, 8)Step L behind R

[9-16]: BALL-CROSS SHUFFLE, ROCK, RECOVER, SAILOR STEP X2

&1&2 &)Step R to R side, 1)Cross L over R, &)Step R to R side, 2)Cross L over R
3-4 3)Rock R To R side, 4)Recover on L
5&6 5)Step R behind L, &)Step L to L side, 6)Step R to R side
7&8 7)Step L behind R, &)Step R to R side, 8)Step L to L side

[17-24]: CROSS SHUFFLE, 3/4 SPIN, ROCK-AND-CROSS X2

1&2 1)Cross R over L, &)Step L to L side, 2)Cross R over L
3-4 3)Step L to L side making a 1/4 turn R, 4)Step back on R making a 1/2 turn R
5&6 5)Rock L to L side, &)Recover on R, 6)Cross L over R
7&8 7)Rock R to R side, &)Recover on L, 8)Cross R over L

[25-32]: MAMBO STEP, COASTER STEP, 1/4 PIVOT TURN, CROSS SHUFFLE

- 1&2 1)Rock forward on L, &)Recover on R, 2)Step back on L
3&4 3)Step back on R, &)Step L next to R, 4)Step forward on R
5-6 5)Step forward on L, 6)1/4 turn R switching weight to R
7&8 7)Cross L over R, &)Step R to R side, 8)Cross L over R

PART C

[1-8]: SLIDE R, HOLD, SAILOR HEEL, STEP, TOE, STEP, HEEL, STEP, TOE, STEP, HEEL

- 1-2 1)Take large step to R side, 2)Hold keeping L free
3&4 3)Step L behind R, &)Step R to R side, 4)Show L heel
&5&6 &)Step down on L, 5)Touch R toe next to L, &)Step back on R, 6)Show L heel
&7&8 &)Step down on L, 7)Touch R toe next to L, &)Step back on R, 8)Show L heel

[9-16]: CROSS, ROCK-AND-CROSS, POINT R, FULL TURN L W/ 4 CHUGS

- &1 &)Step down on L, 1)Cross R over L
2&3 2)Rock L to L side, &)Recover on R, 3)Cross L over R
4 4)Point R to R side
5-6-7-8 5-7)Maintain weight on L while pushing 1/4 turn 3 times over L shoulder with R, 8)Push 1/4 turn over L shoulder with R ending with weight on L

[17-24]: HEEL JACKS X2, BALL-CROSS, 1/4 TURN R, BALL-CROSS SHUFFLE

- 1&2 1)Cross R over L, &)Step L to L side, 2)Show R heel
&3&4 &)Step back on R, 3)Cross L over R, &)Step R to R side, 4)Show L heel
&5-6 &)Step down on L, 5)Cross R over L, 6)Step back on L making a 1/4 turn R
&7&8 &)Step R to R side, 7)Cross L over R, &)Step R to R side, 8)Cross L over R

[25-32]: ROCK, RECOVER, WEAVE L, FULL BOUNCING UNWIND

- 1-2 1)Rock R to R side, 2)Recover on L
3&4 3)Step R behind L, &)Step L to L side, 4)Cross R over L
5-6-7-8 5-8)Bounce 4 times unwinding with a full turn with weight ending on L

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