

# You Have Been Here for a Time (你来了一阵子)

**COPPER** KNOB  
STEPSHEETS

拍數: 32      牆數: 2      級數: Easy Intermediate  
編舞者: Heru Tian (INA) - December 2024  
音樂: Ni Lai Le Yi Zhen Zi (你来了一阵子) - Desy Huang (黄家美)



\*\*\*5 Tags, No Restart

**\*\*Tag1 (4C) : Fwd/Arabesque, Back, Together, Rock Back, Together (End of Wall 1 & 4)**

12&      Step RF Fwd, Lift LF behind (Arabesque) (1), Step LF Back (2), Step RF Next to LF (&  
34&      Rock LF Back (3), Recover on RF (4), Step LF Next to RF (&)

**\*\*Tag2 (2C) : Rock Fwd, Recover (End of Wall 3, 6 & 7)**

12      Rock RF Fwd (1), Recover on LF (2)

**Section 1 : Fwd/Arabesque, Back, Together, Rock Back, Full Turn R, Sweep, 1/4L Diamond**

12&      Step RF Fwd, Lift LF behind (Arabesque) (1), Step LF Back (2), Step RF Next to LF (&  
34&5      Rock LF Back (3), Recover on RF (4), 1/2R, Step LF Back (&) 1/2R, Step RF Fwd, Sweep LF  
back to front (5)  
6&7      Cross LF over RF (6), Step RF to R Side (&), 1/8L, Step LF Back (7) (10.30)  
8&      Step RF Back (8), 1/8L, Step LF to L Side (&) (9.00)

**Section 2 : Cross Rock, 1/4R Fwd, 1/4R Basic NC, Side, 1/8L Back, Back, 1/2L Fwd/Sweep, Cross, Side**

12&      Rock RF cross over LF (1), Recover on LF (2), 1/4R, Step RF Fwd (&  
34&      1/4R, Take a long step LF to L Side (3), Step RF slightly behind LF (4), Cross LF over RF (&  
(3.00)  
56&      Step RF to R Side (5), 1/8L, Step LF Back (6), Step RF Back (&) (1.30)  
78&      1/2L, Step LF Fwd, Sweep RF Back to front (7), Cross RF over LF (8), Step LF to L Side (&  
(7.30)

**Section 3 : Back/Sweep, Behind, Side, 1/8L Cross Shuffle, Scissors, 1/4R Back, Side, Cross**

12&      Step RF back, Sweep LF front to back (1), Cross LF behind RF (2), Step RF to R Side (&  
3&4      1/8L, Square up to 6.00, Cross LF over RF (3), Step RF to R Side (&), Cross LF over RF (4)  
5&6      Step RF to R Side (5), Step LF Next to RF (&), Cross RF over LF (6)  
7&8      1/4R, Step LF Back (7), Step RF to R Side (&), Cross LF over RF (8) (9.00)

**Section 4 : Basic NC, Side, Sways, 1/4L Fwd/Sweep, Sync Jazz Box**

12&      Take a long step RF to R Side (1), Step LF slightly behind RF (2), Cross RF over LF (&  
34      Step LF to L Side, Sway body to Left (3), Recover on RF, Sway body to Right (4)  
5      1/4L, Step LF Fwd, Sweep RF Back to front (5) (6.00)  
6&7&8&      Cross RF over LF (6), Step LF back (&), Step RF to R Side (7), Cross LF over RF (&), Step  
RF back (8), Step LF to L Side (&)

Start over again..

Thank you to Desy Huang for sharing this song  
Best Regards,  
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