

# Been Missin'

拍數: 68      牆數: 4      級數: Intermediate  
編舞者: Steve Mason (UK)  
音樂: Since You've Been Missing - The Deans



## TOE SWITCHES, CLAP, CLAP, FORWARD, LOCK, LOCK SHUFFLE

1&2      Touch right foot to right side, step right foot next to left foot, touch left foot to left side  
&3&4      Step left foot next to right foot, touch right toes forward, clap hands twice  
&5-6      Step right foot next to left foot, step forward on left foot, lock right foot behind left foot  
7&8      Step forward on left foot, lock right foot behind left foot, step forward on left foot

## FORWARD ROCK, RECOVER, COASTER STEP, FORWARD ROCK, RECOVER ½ TRIPLE TURN

9-10      Rock step forward on right foot, recover weight to left foot  
11&12      Step back right foot, step left foot next to right foot, step forward on right foot  
13-14      Rock step forward on left foot, recover weight to right foot  
15&16      ½ turn left triple stepping left, right, left

## TOE SWITCHES, CLAP, CLAP, FORWARD, LOCK, LOCK SHUFFLE

17&18      Touch right foot to right side, step right foot next to left foot, touch left foot to left side  
&19&20      Step left foot next to right foot, touch right toes forward, clap hands twice  
&21-22      Step right foot next to left foot, step forward on left foot, lock right foot behind left foot  
23&24      Step forward on left foot, lock right foot behind left foot, step forward on left foot

## FORWARD ROCK, RECOVER, COASTER CROSS, SIDE ROCK, RECOVER, CROSS SHUFFLE

25-25      Rock step forward on right foot, recover weight to left foot  
27&28      Step back right foot, step left foot next to right foot, cross step right foot over left foot  
29-30      Rock step left foot to left side, recover weight to right foot  
31&32      Cross step left foot over right foot, step right foot next to left foot, cross step left foot over right foot

## ½ HINGE TURN LEFT, FORWARD SHUFFLE, BRUSH FORWARD, BRUSH BACK, FORWARD SHUFFLE

33-34      Step right foot to right side, ½ turn left stepping left foot to left side  
35&36      Step forward on right foot, close left foot to right foot, step forward on right foot  
37-38      Brush left foot forward, brush left foot back  
39&40      Step forward on left foot, close right foot to left foot, step forward on left foot

## FORWARD ROCK, RECOVER, FULL TRIPLE TURN, CROSS, ¼ TURN LEFT, SIDE SHUFFLE

41-42      Rock step forward on right foot, recover weight to left foot  
43&44      Full turn right triple stepping right, left, right  
45-46      Cross step left foot over right foot, ¼ turn left stepping back on right foot  
47&48      Step left foot to left side, close right foot beside left foot, step left foot to left side

## CROSS, HOLD, BALL CROSS, SIDE, SAILOR STEP, CROSS, HOLD, BALL CROSS, SIDE, ¼ TURN SAILOR

49-50      Cross step right foot over left foot, hold  
&51-52      Step left foot to left side, cross step right foot over left foot, step left foot to left side  
53&54      Step right foot behind left foot, step left foot to left side, recover weight to right foot  
55-56      Cross step left foot over right foot, hold  
&57-58      Step right foot to right side, cross step left foot over right foot, step right foot to right side  
59&60      Step left foot behind right foot, ¼ turn left stepping right foot to right side, step left foot to left side

**FORWARD, ½ PIVOT, KICKBALL CHANGE, FORWARD ¼ PIVOT, KICKBALL CHANGE**

61-62 Step forward on right foot, pivot ½ turn left

63&64 Kick right foot forward, step right foot next to left foot, change weight to left foot

65-66 Step forward on right foot, pivot ¼ turn left

67&68 Kick right foot forward, step right foot next to left foot, change weight to left foot

**REPEAT**

**This dance was especially choreographed for 17th April event in Jarrow with the "Geordie Deanies" & is dedicated as a Thank you to Jeanette Robson**

---