

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
