

Been There

拍數: 48 牆數: 4 級數: Improver
編舞者: A.T. Joven
音樂: Been There - Clint Black & Steve Wariner



STEP RIGHT TO RIGHT, SLIDE LEFT NEXT TO RIGHT, STOMP TWICE, CLAP TWICE

1-2 Step right to right, slide left next to right
&3 Stomp right, stomp left
&4 Clap hands twice

STEP LEFT TO LEFT, SLIDE RIGHT NEXT TO LEFT, STOMP TWICE, CLAP TWICE

5-6 Step left to left, slide right next to left
&7 Stomp left, stomp right
&8 Clap hands twice

SIDE SHUFFLE, CROSS BEHIND, FULL TURN LEFT

1&2 Step right to right, step left next to right, step right to right
3-4 Cross left behind right, make a full turn left (to the left)

SIDE MAMBO WITH A HALF TURN RIGHT, TOUCH TO SIDE, TOGETHER, STOMP

5&6 Step right to right, rock side on left with a ½ turn right, step right next to left
7&8 Touch left to left side, step left next to right, stomp right next to left

STEP SIDE, ROCK SIDE, CROSS, HALF TURN, STEP OUT, STEP IN, SWING HIPS LEFT, RIGHT

1&2 Step right to right, rock side on left, cross right over left
3&4 Step left to left, rock side on right, cross left over left
5 Make a ½ turn right
&6&7 Step right to right, step left to left, step right to center, step left next to right
&8 Swing hips left, then right

LEFT HEEL JACK & CROSS STOMP, HOLD, CROSS CHASSE TO RIGHT, RIGHT HEEL JACK & STEP FORWARD, HALF TURN

&1 Step back on left, touch right heel forward
&2 Step right next to left, cross left over right with a stomp
3 Hold
&4 Small step to right with right, cross left over right
&5 Repeat &4 above
&6 Step back on right, touch left heel forward
&7 Step left next to right, step right forward
8 Make a ½ turn left

STOMP FORWARD, SWING HIPS RIGHT MAKING ¼ TURN, SWIVEL HEELS & TOES

1 Stomp right forward
2-3-4 Swing hips to the right 3 times while making a total ¼ turn left
5 Swivel heels left
6& Swivel toes left, swivel heels left
7& Swivel heels right, swivel toes right
8 Swivel toes to center

STEP FORWARD, MAMBO FORWARD, TOUCH RIGHT BACK, SYNCOPATED JAZZ BOX, TRIPLE LOCK FORWARD

1 Step forward on right

2&3 Step forward on left, rock back on right, step back on left
4 Touch right toes behind
5&6 Cross right over left, step back on left, step right to right
7&8 Step left forward, lock right behind left, step forward on left

REPEAT
