Been There, Done That



拍數: 32 牆數: 4 級數: Improver

編舞者: Rich Firth (UK) - September 2011

音樂: Smilin' Song - Vince Gill: (Album: These Days)



Intro: 32 counts

Section 1: Ra	ack Back Side	Claca Sida	Behind Unwind	Crose Doint

1-2 Rock back R(1), recover onto L(2)

3&4 Step R to R side(3), close L beside R(&), step R to R side(4)

5-6 Cross L behind R(5), unwind 1/2 L(6) (6.00) 7-8 Cross R over L(7), point L toe to L side(8)

Section 2: Cross Point, Cross Back Side Cross, Point Turn Half

1-2 Cross L over R(1), point R toe to R side(2)

3-6 Cross R over L(3), step back on L(4), step R to R side(5), cross L over R(6)

7-8 Point R toe to R side(7), turn 1/2 R on ball of L foot(8) (12.00) (weight finishes on R)

Section 3: Kick & Point, Cross Unwind Full Turn, Side Rock Cross, Side Rock Touch

1&2 Kick L forward(1), step L next to R(&), point R toe to R side(2)

3-4 Cross R over L(3), unwind full turn L(4)

Rock L to L side(5), recover onto R(&), cross L over R(6)
Rock R to R side(7), recover onto L(&), touch R next to L(8)

Restart Here During Wall 7

Section 4: Right Rock, Behind Turn Step, Full Turn, Mambo Step

1-2 Rock R to R side(1), recover onto L(2)

3&4 Cross R behind L(3), turn 1/4 L stepping forward on L(&), step forward R(4) (9.00)

5-6 Turn 1/2 R stepping back on L(5), turn 1/2 R stepping forward R(6) (9.00)

7&8 Rock L forward(7), recover on R(&), step L next to R(8)

Restart: During wall 7 after section 3

Enjoy!!