I've Been Found

拍数: 48   墙数: 4   级数: Improver

编舞者: Kim Ray (UK) - November 2024

音乐: I Been Found 2.26 - Sam Millar

Intro: 32 counts

S1 STEP FORWARD, TOGETHER, TWIST HEELS RIGHT, STEP FORWARD, TOGETHER, TWIST HEELS LEFT

1-2	Step forward on right to right diagonal, step left next to right
3-4	Twist both heels to right, twist both heels back to centre
5-6	Step forward o left to left diagonal, step right next to left
7-8	Twist both heels to left, twist both heels back to centre

S2 STEP BACK & TOUCH X 4

1-2	Step back on right, touch slightly forward of left
3-4	Step back on left, touch right slightly forward of right
5-6	Step back on right, touch left slightly forward on left
7-8	Step back on left, kick right forward (slightly leaning back) (12:00)

S3 RUNS FORWARD, ¼ TURN LEFT, KICK, SIDE CROSS SIDE, KICK

1-2	Run forward on right, run forward on left
3-4	Run forward on right, ¼ turn left on right foot and kick left to left diagonal (9:00)
5-6	Step left to left side, cross right over left
7-8	Step left to left side, kick right to right diagonal

S4 SIDE, CROSS, ROCK/RECOVER, CROSS, ½ TURN RIGHT, CROSS

1-2	Step right to right side, cross left over right
3-4	Rock right to right side, recover on left
5-6	Cross right over left, ¼ turn right stepping back on left
7-8	¼ turn right stepping right to right side, cross left over right (3:00)

RESTART HERE ON WALL 3 (9:00) & WALL 6 (6:00)

S5 RUMBA BOX

1-2	Step right to right side, step left next to right
3-4	Step forward on right, hold
5-6	Step left to left side, step right next to left
7-8	Step back on left, hold

S6 BACK ROCK/RECOVER, LOCK STEPS

1-2	Rock back on right, recover on left
3-4	Step forward on right, lock step left behind right
5-6	Step forward on right, step forward on left
7-8	Lock step right behind left, step forward on left (3:00)

Finish: Dance to count 7 of section 4 to finish at 12:00

Start again …

Last Update: 20 Nov 2024