

# I Been Like This

拍數: 32      牆數: 4      級數: Intermediate  
編舞者: Tessa Jansen (NL) - March 2024  
音樂: Been Like This - Meghan Trainor & T-Pain : (iTunes)



Intro: 16 counts

**R Out, L Out, R Coaster Step, L Lockstep, 3x hip bumps ½ L**

1-2      Step R Diagonally Fwd (Out), Step L Diagonally Fwd (Out)  
3&4      Step R Back, Close L next to R, Step R Fwd  
5-6      Step L Fwd, Lock R Behind L, Step L Fwd  
7&8      Push R Hip Diagonally Fwd, ¼ Turn L Push L Hip to L side (9:00), ¼ Turn L Push R Hip Backwards and end with L Toe Fwd (6:00)

**L Walk Fwd, R Walk Fwd, L Lockstep, 2x Hip Rolls ¼ Turn L**

1-2      Walk L Fwd, Walk R Fwd  
3&4      Step L Fwd, Lock R Behind L, Step L Fwd  
5-6      Step R Fwd, ¼ Turn L take weight on L (3:00) [use your hips as you turn]  
7-8      Step R Fwd, ¼ Turn L take weight on L (12:00) [use your hips as you turn]

**Charleston Step, R Cross Samba, L Cross, ¼ Turn L Step Back on R, ¼ Turn L Step L to L Side**

1-2      Step R Fwd, Touch L Fwd  
3-4      Step L Back, Touch R Back  
5&6      Cross R Over L, Rock L to L Side, Recover on R (travel a bit fwd if you like)  
7&8      Cross L Over R, ¼ Turn L Step Back on R, ¼ L Step L to L Side (6:00)

**R Cross Rock, R Chassé ¼ Turn R, L+R 2x Walk ¼ Turn R, L Shuffle Fwd**

1-2      R Cross Rock over L, Recover on L  
3&4      Step R to R Side, L Step next to R, ¼ Turn R Step R Fwd (9:00)  
5-6      ¼ Turn R Step Fwd on L, ¼ Turn R Step Fwd on L  
7&8      Step L Fwd, R step next to L, Step L Fwd (3:00)

**ENDING: Wall 9 (start 12:00) is the last wall. After the First 16 counts, you will end on 12:00 and strike a pose!**□

I think this is such a happy song!

So all I have to say is: Enjoy, smile and have a great time on the dancefloor!□

Last Update – 19 Mar. 2024 – R1