

I've Been Found

拍數: 48 牆數: 4 級數: Improver
編舞者: Kim Ray (UK) - November 2024
音樂: 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 on 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