

# Been Like This AB

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**Count:** 32

**Wall:** 4

**Level:** Ab-Beginner- Beginner

**Choreographer:** Annemaree Sleeth (AUS) – March 2024

**Music:** Been Like This By Meghan Trainor & Pain T

Alternate Music : Two Strong Hearts by John Farnham

(Slower)

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## Split Floor to Harder Dances

No Tags Or Restarts

Written for the New Dancers at Sherbrooke U3a

This can be a 1 wall dance for brand new beginners or 4 wall

Intro: Counts 16 Beats “Oowwee “Dance Rotates Ccw

### **S1 1 – 8 OUT OUT BACK, BACK (V STEPS X 2 )**

1 – 2 Step Right Diag Forward, Step Left Diag Forward

3 – 4 Step Right Back, Step Left Beside Right

5 – 6 Step Right Diag Forward, Step Left Diag Forward

7 – 8 Step Right Back, Step Left Beside Right

### **S2 9 – 16 SIDE TOGETHERS X 3 SIDE, TOUCH**

1 – 2 Step Right Side, Step Left Beside Right

3 – 4 Step Right Side, Step Left Beside Right

5 – 6 Step Right Side, Step Left Beside Right

3 – 4 Step Right Side, Touch Left Beside Right

### **Dance Ends To The Front Here**

Add Exaggerated Hips Movements on the 4 Side together

### **S3 17 -24 SIDE, HEEL, TOUCHES/ SWAYS X 2 VINE ¼, TOUCH/BRUSH**

1 – 2 Step Left Side, Tap Right Heel In Beside Right

3 – 4 Step Right Side, Tap Left Heel In Beside Left (wgt R)

5 – 6 Step Left Side, Cross Right Slightly Behind Left

7 – 8 Turn ¼ Left Step Left Forward, Touch/Brush Ball of Right Foot Forward (9.00)

### **S4 25 – 32 ROCKING CHAIR, DOUBLE HIPS RIGHT THEN LEFT**

1 – 2 Rock Right Forward, Recover Left

3 – 4 Rock Right Back, Recover Left

5 – 6 Step Right Side Bumping R Hips Twice

7 – 8 Step Left Side, Bumping L Hips Twice WGT L

Ending. Facing 12.00 Dance up to sec 2, and Pose arms out to sides

Watch The Video on annemaree sleeth Youtube

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