

Been A Minute

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Choreographed by: Marianne Langagne (FR) & Val Saari (CAN) Mar 2021

Choreographed to: Been A Minute by Hunter Brothers

Intro: 16 Counts. Start on vocal at approx 8 secs.

Remember to Vote for your favourite dances in the Linedancer Charts.

SEC 1 1-2 &3-4 &5&6 7-8	SIDE, DIAGONALLY KICK ACROSS R & SIDE, CROSS/HOLD & CROSS & CROSS, SIDE ROCK Step RF to the R, Kick LF across RF Step LF left, Cross RF over LF, Hold (weight on RF) Step LF left, Cross RF over LF, Step LF left, Cross RF over LF Rock LF left, RF Recover
SEC 2 1-2 3-4 5&6 7-8	LF CROSS BEHIND R, R STEP FWD ¼ TURN R, WALK L R, TRIPLE FWD, SWAY R L Cross LF behind RF, RF Fwd ¼ Turn R (3:00) Walk forward L R Step LF forward, Step RF together, Step LF forward Step RF to R side and sway hips R ,L
SEC 3 1&2 3&4 5&6& 7-8	TURNING SHUFFLES (¼ R, ¾ R), HEEL TAPS RL, HEEL SPLITS Turn ¼ R and Shuffle right R L R (6:00) Shuffle L R L turning ¾ R (3:00) Tap RF heel diagonally right, Step RF beside L, Tap LF heel diagonally left, Step LF beside R Split both heels apart, Close heels together
SEC 4 1-2 3&4 5&6 7-8	RF SCISSORS, CROSS SHUFFLES, LINDY LEFT ¼ R Rock RF to R side, Drag LF toes together Crossing chassé R, L, R Shuffle left (L R L) Rock back on RF Pivot ¼ R, Recover on LF (6:00)
Restart	Here on Walls 3 (Facing 12:00) &5 (Facing 9:00)
SEC 5 1-2 3-4 5-6 7-8	POINT CROSSES (R L R L) RF point to right side, RF step forward in front of L LF point to left side, LF step forward in front of R RF point to right side, RF step forward in front of L LF point to left side, LF step forward in front of R
SEC 6 1-2 3&4 5&6 7&8	RF CROSS ROCK, TURNING SHUFFLES (¼ R, ½ R), KICK-BALL-CROSS Cross-rock RF over L, LF recover Pivot ¼ R and Shuffle forward R L R (9:00) Shuffle L R L turning ½ R (3:00) Kick RF forward, Step RF beside L, Cross LF over R

