

# Been a MINUTE

Count: 48    Wall: 4    Level: High Improver

Choreographer: Marianne LANGAGNE (FR) & Val Saari (CAN) - March 2021

Music: Been a Minute - Hunter Brothers

Begin on the downbeat before the word "Been"

**\*\*2 EZ Restarts**

## **S:1 SIDE, DIAGONALLY KICK ACROSS R & SIDE, CROSS/HOLD & CROSS & CROSS, SIDE ROCK**

1-2            Step RF to the R, Kick LF across RF  
&3-4          Step LF left, Cross RF over LF, Hold (weight on RF)  
&5&6         Step LF left, Cross RF over LF, Step LF left, Cross RF over LF  
7-8            Rock LF left, RF Recover

## **S:2 LF CROSS BEHIND R, R STEP FWD 1/4 TURN R, WALK LR, TRIPLE FWD, SWAY RL**

1-2            Cross LF behind RF, RF Fwd 1/4 Turn R (3:00)  
3-4            Walk forward LR  
5&6          Step LF forward, Step RF together, Step LF forward  
7-8            Step RF to R side and sway hips R,L

## **S:3 TURNING SHUFFLES (1/4 R, 3/4 R), HEEL TAPS RL, HEEL SPLITS**

1&2          Turn 1/4 R and Shuffle right RLR  
3&4          Shuffle LRL turning 3/4 R (3:00)  
5&6&         Tap RF heel diagonally right, Step RF beside L, Tap LF heel diagonally left, Step LF beside R  
7-8            Split both heels apart, Close heels together

## **S:4 RF SCISSORS, CROSS SHUFFLES, LINDY LEFT 1/4 R**

1-2            Rock RF to R side, Drag LF toes together  
3&4          Crossing chassé R,L,R  
5&6          Shuffle left (LRL)  
7-8            Rock back on RF Pivot 1/4 R (6:00), Recover on LF \*

## **S:5 POINT CROSSES (RLRL)**

1-2            RF point to right side, RF step forward in front of L  
3-4            LF point to left side, LF step forward in front of R  
5-6            RF point to right side, RF step forward in front of L  
7-8            LF point to left side, LF step forward in front of R

## **S:6 RF CROSS ROCK, TURNING SHUFFLES (1/4 R, 1/2 R), RF ROCK BACK, KICK-BALL-CROSS**

1-2            Cross-rock RF over L, LF recover  
3&4          Pivot 1/4 R and Shuffle forward RLR  
5&6          Shuffle LRL turning 1/2 R  
7&8          Kick RF forward, Step RF beside L, Cross LF over R (3:00)

**Two EZ Restarts \***

**On Wall 3 after 32 counts facing 12:00**

**On Wall 5 after 32 counts facing 9:00**

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