

I've Been Found

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Count: 48 **Wall:** 4 **Level:** Improver

Choreographer: Meiske Pamaputera , Indo. Feb 2016

Music: I've Been Found by Sam Millar

Sequence : 48- 48 - 32- 48- 48 - 32- 48 -32

Intro: 32 counts

Note; Thanks to Henrico for suggesting this energetic music.

S1: RIGHT SWIVET, HOLD, LEFT SWIVET, TRAVELLING TWIST TO RIGHT

1-4 On Ball of Left and Heel of Right, Hold, On Ball of Right and Heel of Left, Hold*

Easier version - Twist Right, Hold, Twist Left, Hold

5-8 On Ball of Both Feet twist to Right with both toes, heels, toes, Hold

S2 : LEFT SWIVET, HOLD, RIGHT SWIVET, TRAVELLING TWIST TO LEFT

1-4 On Ball of Right and Heel of Left, Hold, On Ball of Left and Heel of Right, Hold *

Easier version - Twist Left, Hold, Twist Right, Hold

5-8 On Ball of Both Feet twist to Left with both toes, heels, toes, Hold (weight on Left)

S3 : SWIVEL TRAVELLING FORWARD DIAGONAL RIGHT

1-4 With weight on Left Travelling Forward Diagonal Right : Swivel Right Heel, Toe, Heel, Toe
(01;30)

5-8 Continue swiveling Right Heel, Toe, Heel, Toe

S4 : 1/ 8 TURN RIGHT SLIDE, SWAY HIP LEFT & RIGHT, TRIPLE SIDE STEP, TOUCH

1-4 1/8 Turn Right Slide Right , Hold, Shake Hip Left & Right

5-8 Step Left to Left, Step Right next to Left, Step Left to Left, Touch (03;00) **

**** Restart on wall 3 (09 :00) & on wall 6 (06:00)**

S5 : JUMP FORWARD, JUMP BACK, STEP FORWARD RIGHT, LEFT, RIGHT, LEFT

1-2 Jump forward Right& Left shoulder width , Hold

3-4 Jump back on Right & Left shoulder width, Hold

5-8 Step forward Right, Left, Right, Left (show attitude)

S6 : 3 PADDLE TURN, SLIDE HOLD

1-4 Step Right forward, $\frac{1}{4}$ Turn Left, Step Right forward, $\frac{1}{4}$ Turn Left (09;00)

5-8 Step Right forward, $\frac{1}{4}$ Turn Left, $\frac{1}{4}$ Turn Left Slide Right to Right, Hold. (03;00)

Start again & Enjoy the dance

Contact: www.sagitadance.com, www.meiske.com.