

# Been Left

LINEDANCE.COM

**Count:** 32                      **Wall:** 1                      **Level:** Absolute Beginner

**Choreographer:** Don Pascual (March 2013)

**Music:** I Ain't Been Right Since I've Been Left (Dale Watson)

**This dance is specially dedicated to the « Chinook Country Line Dancers » of Calgary (Canada)**

**Start after 64 counts from the first up beat, on the word «Wake»**

**Section 1: R Heel forward, hold, R toe behind, hold, runs forward R, L, R, hold**

**1-4: R heel forward, hold, R toe behind, hold**

**5-8: 3 runs forward R, L, R, hold**

**Section 2: L heel, L hook, L heel, hold, runs backward (L, R, L), hold**

**1-4: L heel forward, hook L across R shin, L heel forward, hold**

**5-8: 3 little runs backward L, R, L, hold**

**Section 3: (R heel, R hitch making 1/8 T to the L) x4**

**1-2: R heel forward, R hitch beside L making 1/8 T to the L**

**3-4: R heel forward, R hitch beside L making 1/8 T to the L**

**5-6: R heel forward, R hitch beside L making 1/8 T to the L**

**7-8: R heel forward, R hitch beside L making 1/8 T to the L**

**Option: (R heel, R hook, R heel, R flick making 1/4 T to the L) x2**

**Section 4: Runs forward (R, L, R), hold, swivel with 1/4 T to the L, swivel, swivel with 1/4 T to the L, hold**

**1-4: 3 little runs forward R, L, R, hold**

**5-8: Swivel heels to the R making a 1/4 turn to the L, swivel heels to the L, swivel heels to the R making a 1/4 turn to the L (ending weight on L foot) , hold**

**Note: The runs of section 1 must be bigger than those of sections 2 and 4 so as to begin the walls at the same place.**

**Have fun with this dance...**

**Contact: [countryscal@orange.fr](mailto:countryscal@orange.fr)**

---

Source: LineDance.com — [https://www.linedance.com/index.php?f=dance\\_view&id=91790](https://www.linedance.com/index.php?f=dance_view&id=91790)