

Is and Has Been

	and	8	and	1	and	2	and	3	and	4	and	5	and	6	and	7	and	8	and
0:00	A																		
				st L								st R							
				st L		br R				st R		st L				st R		br L	
				st L		br R				st R		st L				st R		br L	
0:11	B			st L		cr R/L		k L		ball L		chng R		br L		st L		br R	
				st R		cr L/R		k R		ball R		chng L		br R		st R		br L	
				st L		cr R/L		k L		ball L		chng R		br L		st L		br R	
Break				st R		cr L/R		k R		st R		cr L/R		k R		st R		k L	
0:23	C			st L		cr R/L		toe L		fl L		ap L		cr R/L		fl L		ap L	
				st R		cr L/R		toe R		fl R		ap R		cr L/R		fl R		ap R	
				st L		cr R/L		toe L		fl L		ap L		cr R/L		fl L		ap L	
Break				st R		cr L/R		toe R		st R		cr L/R		toe R		st R		toe L	
0:35	D FIRST SOLO			st L		hl L		stomp R		hl L	fl R	ap		st L				sh R	fle
				st R		st L		hl L		hl L		br R			ball R	chng L		br R	
				st R		st L		hl L		hl L	ball R	chng L		br R		st R		st L	
		ball R	chng L			hl L		hl L		hl L		st R		br L		st L		sh R	fle