

# Ben

Count: 40

Wand: 2

Ebene: Intermediate

Choreograf/in: Nadia Friel (AUS)

Musik: Ben - Michael Jackson



## **FORWARD COASTER, BRUSH, FORWARD COASTER, BRUSH**

- 1&2& Rock/step right forward, step left beside right, step right back, brush left foot across in front of right
- 3&4& Rock/step left forward, step right beside left, step left back, brush right foot across in front of left

## **FORWARD, ½ TURN, BACK, FORWARD, 1 ¼ TURN**

- 5&6 Step right forward, turn ½ right and step left back, rock/step right back
- 7&8& Rock/step left forward, turn ½ left and step right back, turn ½ left and step left forward, turn ¼ left and step right to right side

## **SWEEP BACK, SWEEP BACK, BEHIND, SIDE, CROSS**

- 1-2 Sweep/step left behind right, sweep/step right behind left
- 3&4 Sweep/step left behind right, step right to right side, step left across in front of right

## **SIDE, CROSS, SIDE, CROSS, BACK, ¾ TURN**

- &5&6 Step right to right side, step left across in front of right, step right to right side, step left across in front of right
- 7&8 Rock/step back on right, turn ¼ left and step left forward, turn ½ left and step right back

## **SAILOR STEP DRAG, BEHIND, ¼ TURN FORWARD**

- 1&2 Sweep/step left behind right, step right to right side, large step left to left side and drag right to left
- 3& Step right behind left, turn ¼ left and step left forward

## **FORWARD, LOCK, PIVOT ½ TURN, FORWARD, LOCK, PIVOT ¼ TURN, SWAY**

- 4&5 Step right forward, lock/step left behind right, step right forward and pivot ½ left (weight on right)
- 6&7 Step left forward, lock/step right behind left, step left forward and pivot ¼ right (weight on left)
- 8 Sway right hip to right side

## **SIDE/SWAY, TOGETHER, SIDE STEP/SWAY, SIDE ROCK, TOGETHER, SIDE STEP/SWAY**

- 1&2 Rock/sway weight to left side, step right beside left, step/sway left to left side
- 3&4 Rock weight to right, step left beside right, step/sway right to right side

## **SIDE ROCK, HITCH, TURN ½ LEFT, DIAGONAL FORWARD, LOCK, FORWARD HITCH, STEP ACROSS**

- 5 Rock weight to left hitching right knee as you turn ½ left
- 6&7-8 Step right across left to left diagonal, lock/step left behind right, step right to left diagonal, hitch left, step left across right

**Restart from here on wall 3**

## **SIDE, SIDE, FORWARD, SIDE, SIDE FORWARD**

- 1&2 Rock/step right to right side, rock weight to left, step right forward
- &3& Rock/step left to left side, rock weight to right, step left forward

## **SIDE, SIDE, SAILOR DRAG, COASTER STEP**

- 4& Rock/step right to right side, rock weight to left

5&6 Step right behind left, rock/step left to left side, step right to right side dragging left to right  
7&8 Coaster step: step left back, step right beside left, step left forward

**REPEAT**

**RESTART**

On wall 3, after count 32, restart the dance. You will be facing the back

**FINISH**

Change counts 11 & 12 to:

11&12 Behind, side, turn  $\frac{1}{4}$  and step left to the front and drag right to left

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