

Bent & Bound

Count: 36

Wall: 0

Level: Beginner - Line & Contra

Choreographer: Irene Ottello (IT) - May 2017

Music: Hell Bent and Heaven Bound - Buddy Jewell



S1- STEP, SCUFF, ¼ TURN LEFT STEP, SCUFF, JAZZ BOX

- 1-2 step right to side, scuff left beside right
- 3-4 ¼ turn left step left fwd, scuff right beside left
- 5-6 Step right cross over left, step right back
- 7-8 Step right to right side, step left beside right

S2- STEP LOCK STEP SCUFF RIGHT AND LEFT

- 1-2 Step right foot fwd, Lock left foot behind right
- 3-4 Step fwd right foot, Scuff left foot fwd
- 5-6 Step left foot forward, Lock right foot behind right
- 7-8 Step fwd left foot, Scuff right foot fwd

S3- WEAWE RIGHT TWICE

- 1-2 Step R To right Side, Cross L Behind right
- 3-4 Step R To right Side, Cross L Over right (weight on left)
- 5-6 Step R To right Side, Cross L Behind right
- 7-8 Step R To right Side, Cross L Over right (weight on left)

S4- HEEL SWITCHES ¼ TURN LEFT , JAZZ BOX RIGHT

- 1-2 heel right fwd, step right together
- 3-4 ¼ turn left heel left fwd, step left together (weight on left)
- 5-6 Step right cross over left, step right back
- 7-8 Step right to right side, step left in place

S5- SWIVEL R HEEL TOE, STOMP UP TWICE

- 1-2 Swivel R Foot To Left (Heel, toe)
- 3-4 stomp up right x2

RESTART: After 32 count of the 5th and 10th repetition, Restart the dance again

Contact: ireneottello@gmail.com