

Foreman

Count: 32

Wall: 4

Level: Beginner

Choreographer: Gino Valcalcer (IT) & Maria Rao (IT) - May 2021

Music: Bench Seat - Kristen Foreman



INTRO: 32 COUNT

SEC 1: KICK BALL CHANGE TWICE , ½ TURN RIGHT TWICE

- 1&2 kick right forward, step right beside left, step left on place
- 3&4 kick right forward, step right beside left, step left on place
- 5-6 step right forward, ½ turn left (weight on left)
- 7-8 step right forward, ½ turn left (weight on left)

SEC 2: GRAPEVINE RIGHT , ¼ TURN RIGHT , ½ TURN RIGHT , GRAPEVINE LEFT

- 1-2 step right side right, cross left behind right
- 3-4 turn ¼ right and step right forward, step left forward
- 5-6 turn ½ right, turn ¼ right and step left side left
- 7-8 cross right behind left, turn ¼ left and step left forward

SEC 3: HIP BUMPS (R -L) , ¼ TURN LEFT TWICE

- 1-2 step right forward bumping hips R-L
- 3-4 step left forward bumping hips R-L
- 5-6 step right forward, turn ¼ left
- 7-8 step right forward, turn ¼ left

SEC4: JAZZ BOX , STOMP CLAP TWICE

- 1-2 cross right over left, step back left
- 3-4 step side right, step left forward
- 5-6 stomp right forward, clap in place
- 7-8 stomp left forward, clap in place

REPEAT

RESTART: at the 4th wall after 24 count
