

# Ben 2024

Count: 16

Wall: 4

Level: High Beginner

Choreographer: Chok Fredo (INA) - January 2024

Music: Ben - Silvia Amaru



**Intro 8 count Start dance on vocal Lyrics**

**No Tag / 2 Restart**

**Sec 1 FORWARD AND SWEEP - SIDE - BACK AND SWEEP - 1/4 TURN L - FORWARD - 1 / 2 PIVOT R L**

12& step R forward sweep L forward (1) cross L over R (2) step R to side (&)

34& step L back sweep R back (3) cross R behind L (4) 1/4 turn left step L forward forward (&)

56& step R forward (5) step L forward (6) 1/2 turn right R in place (&)

78& step L forward (7) step R forward (8) 1/2 turn left L in place (&)

**RESTART HERE ON WALL 3 &, 6**

**Sec II 1/2 DIAMOND L - BASIC NC - SPIRAL 1/2 R - FORWARD**

12& step R to side (1) 1/8 turn left step L back, (2) step R back (&)

34& 1/8 turn left step L side (3) 1/8 turn left step R forward (4) step L forward (&)

56& Turn 1/8 left step R to side (5) step L slightly behind R (6) cross R over L (&)

7 step L to side and make spiral 1/2 right (7) facing 9.00

8& step R forward (8) step L forward (&)

**Restart on wall 3 &, 6 After 8 count**

**Last Update: 24 May 2024**

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