

# Ben

**Compte:** 40

**Mur:** 2

**Niveau:** Easy Intermediate

**Chorégraphe:** Andre Adhitama Rizal (INA) - December 2017

**Musique:** Ben - Michael Jackson



## Intro: 16 Counts (on vocals)

### S1: BASIC, 1/4 TURN R STEP BACK, 1/4 TURN R STEP SIDE, CROSS, SIDE ROCK, RECOVER, CROSS, 1/4 TURN STEP L BACK, 1/2 TURN STEP R FORWRD, STEP FORWARD L & R

- 1-2&3 Step R long step to right side(1), Rock L behind R (2), Recover onto R (&), 1/4 Turn right step back on L (3)(3:00)
- 4&5 1/4 turn right step R to right side (4) (6:00), Cross L over R (&), Rock side R to right (5) (6:00)
- &6& Recover onto L (&), Cross R over L (6), 1/4 Turn right step back on L (&) (9:00)
- 7&8 1/2 turn right Step R forward (7) (3:00), Step forward on L (&), Step forward on R (8)

### S2: BIG STEP BACK, BACK, 1/4 TURN L SIDE, CROSS/ROCK, RECOVER, SIDE, CROSS WITH SWEEP, FORWARD WITH SWEEP, ROCK FORWARD, TURN 1/4 LEFT, FORWARD

- 1-2& Step back L long step(1), Step back on R (2), 1/4 Turn left step L to left side(&) (12:00)
- 3-4& Cross R over L (3), Recover onto L (4), Step R to right side (&)
- 5-7 Cross L over R sweeping R (5), Step forward R sweeping L (6), Step forward L (7)
- 8&1 Rock forward R (8), 1/4 Turn left Recover onto L (&) (9:00), Rock forward R (1)

### S3: RECOVER, BACK, BACK WITH HITCH, SCISSOR STEP, SYNCOPATED MAMBO CROSS, MAMBO TURN 1/4 LEFT, STEP FORWARD

- 2&3 Recover onto L (2), Step Back on R (&), Step back on L Hitch R (3)
- 4&5 Step R to right side (4), Step L beside R (&), Cross R over L (5)
- 6&7 Side rock onto L (6), Recover onto R (&), Cross L over R (7)
- &8&1 Side rock onto R (&), Recover onto L (8), 1/8 Turn left Step R forward (&) (7:30), Step forward on L (1)

### S4: FORWARD, TURN 1/2 LEFT, FORWARD, FORWARD, TURN 1/2 RIGHT, FORWARD, ROCKING CHAIR, LOCKED SHUFFLE

- 2&3 Step forward on R (2), 1/2 Turn left recover onto L (&) (1:30), Step forward on R (3)
- 4&5 Step forward on L (4), 1/2 Turn right recover onto R (&) (7:30), Step forward on L (5)
- 6&7 Rock Forward R (6), Recover onto L (&) Back Rock on R (7)
- &8& Recover onto L (&), Step R forward (8), Step Lock L behind R (&) (7:30)

**Note:** Restart happen here on wall 3 & 4

### S5: DIAMOND SHAPE FALL AWAY FULL TURN LEFT

- 1-2&3 Step R forward (1), Cross L over right (2), 1/8 Turn left back onto R (&) (4:30), Step L back (3)
- 4&5 Step R Behind L (4), Turn 1/8 left step L forward (&) (1:30), Step R forward (5)
- 6&7 Cross L over R (6), Turn 1/8 left step R back (&) (10:30), Step L back (7)
- 8& Step R Behind L (8), Turn 1/4 left Step L forward (&) (7:30)

## REPEAT

For more info about song & step sheet please contact: [adhitama.rizal@gmail.com](mailto:adhitama.rizal@gmail.com)

Submitted by: Mamek - [roosamekto.nugroho@gmail.com](mailto:roosamekto.nugroho@gmail.com)