

# Bent & Bound

拍数: 36      墙数: 0      级数: Beginner - Line & Contra  
编舞者: Irene Ottello (IT) - May 2017  
音乐: Hell Bent and Heaven Bound - Buddy Jewell



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## 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- WEAVE 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**

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