

Bend

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Karla Carter-Smith (CAN) - February 2018
音乐: Bend - Ria Mae



#16 Count Intro, Dance starts on Lyrics, 2 Restarts

*1st Restart: 4th time you start the dance, Restart after count 16, facing 3:00

**2nd Restart: 9th time you start the dance, Restart after count 16, facing 9:00

Right Samba, Left Samba, Skate Right Left, Cross, Step Back

- 1&2 Right foot cross over left, left step to left, right step beside
- 3&4 Left foot cross over right, right step to right, left step beside
- 5,6 Slide right foot to right side turning body slightly right, Slide left foot to left side turning body slightly left
- 7,8 Cross right foot over left, Step big step back on left

Step Drag, Step Drag, Point, Turn, Step, Point

- 1,2 Big diagonal step back on Right, Drag left beside
- 3,4 Big diagonal step back on left, Drag right beside
- 5,6 Point right toe to right side, turn ½ turn right stepping down on right
- 7,8 Step forward on left, point right toe forward

Restart here on 4th (facing 3:00) & 9th (facing 9:00)

**On count 8 touch beside left to get ready for Restart

Step Lock Step, Step Lock Step, Vine Right with a cross & point

- 1&2 Step back with right foot, cross left over in front of right, step back on right
- 3&4 Step back with left foot, cross right over in front of left, step back on left
- 5,6 Right foot step to right side, cross left in front of right,
- 7-8 Right foot step to right side, point left toe to left side

& Point, & Point, ¼ turn left Sailor Step, Box step

- &1&2 Step down on left foot and point right toe to right side, step down on right foot and point left toe to left side
- 3&4 Swing left foot behind right, step right foot to right side, ¼ left stepping down on left
- 5,6 Cross right foot over left, step back on left
- 7,8 Step right foot to right side, step forward on left turning slightly left

Repeat, Have fun!!

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