

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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