

Bend

拍数: 32 墙数: 4 级数: Beginner / Improver
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音乐: Bend - Ria Mae



No Tags, No Restarts

#12 counts in - Start

#1ST SECTION - Monterey ¼ right turn and vine

1-2 Touch R toe to right side, pivoting 1/4 right turn on ball of R
3&4 Touch L toe to left, step L next to R
5-8 Step R to right side, step L behind R, Step R to right side, touch left

#2nd SECTION - Step touches 1/4 L turn

1-2 Step L then touch R,
3&4 Step R then touch L
5-6 Step L to left, step R behind left
7&8 Pivot 1/4 L turn, and touch right

#3RD SECTION Rumba with coaster

1-2 Step R to right, step L next to R
3&4 Shuffle Forward with R foot
5-6 Step forward on L
7&8 Step L back next to R, step forward on R

#4TH SECTION Rock shuffle then ¼ turn

1-2 Rock shuffle right side.
3&4 L back and recover
5-6 Rock shuffle left side with ¼ turn
7&8 R back and recover

Start over and have fun!

Last Update: 10 Oct 2023
