

# 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

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