

# Bendecido

拍数: 32      墙数: 2      级数: Improver  
编舞者: Rince MRY (INA), Novi3NLD (INA) & Titi Kasese (INA) - March 2024  
音乐: Bendecido - Dale Pututi & Randy Malcom



NO TAG NO RESTART

\*Start dance after intro 48 counts (53')

## S1. KICK HOOK-LOCK SHUFFLE FORWARD-ROCK FORWARD-1/2 TURN TO LEFT CHASSE

1 - 2            R Kick forward- R heel up cross over L Leg  
3 & 4            Step R forward, L cross lock behind R, Step R forward  
5 - 6            Step L forward, Recover on L  
7 & 8            1/4 Turn to Left Step L to side, Step R close beside L, 1/4 Turn to Left Step forward

## S2. 1/4 TURN TO LEFT CHASSEE-BACK LOCK SHUFFLE-ANCHOR STEP (R-L)

1 & 2            1/4 Turn to Left Step R to side, Step L close beside R, Step R to side  
3 & 4            Step L back, Step R cross over L, Step L back  
5 & 6            Step R behind L, Step L in place, Step R in place  
7 & 8            Step L behind R, Step R in place, Step L in place

## S3\*SIDE ROCK-CROSS SHUFFLE-1/2 TURN TO LEFT CROSS SHUFFLE-SIDE ROCK \*

1 - 2            Step R to side, Recover on R  
3 & 4            Step R cross over L, Step L to side, Step R cross over L  
5 & 6            1/2 turn to left Step L cross over R, Step R to side , Step L cross over R  
7 - 8            Step R to side , Recover on R

## S4\*PADDLE TURN 1/2 TO LEFT -MONTREY 1/4 TURN TO RIGHT\*

1 - 4            Turn 1/4 to Left Step R touch toe to R side, Turn 1/4 to left Step R touch toe to R side  
5 - 8            Step R to side touch, Turn 1/4 to Right Step R close beside L, Step L to side touch, Step L close beside R

Happy dance & healthy ☐☐☐

Email: [yulia\\_200408@yahoo.com](mailto:yulia_200408@yahoo.com)