

# Bender

拍数: 64      墙数: 4      级数: High Intermediate  
编舞者: Zoe Hawkins-Wells (USA) - December 2024  
音乐: Make Me Feel - Janelle Monáe



## ROCK, RECOVER, WALK, WALK, KNEE POPS x3, KNEE POPS x3

1, 2      R Rock back (1), Recover on L (2)  
3, 4      Walk R (3), Walk L (4)  
5&6      R Step w/ L knee pop (5), L step w/ R knee pop (&), R Step w/ L knee pop (6)  
7&8      L Step w/ R knee pop (7), R step w/ L knee pop (&), L Step w/ R knee pop (8)

## LOCK STEP, PIVOT 1/2, WIZARD, TOE DIG

1,2&      Step R forward (1); Step ball of LF behind of RF (2); Step R fwd (&)  
3, 4      Step L fwd (3), half right pivot, shifting weight into RF (4) (face 6:00)  
5,6&7,8      Big Step L fwd heel first, at left diagonal (5), Step ball of RF behind the LF (6); Close L (&), R Toe dig (turn R knee in) (7); Hold (8)

## SYNCOPATED SWIVELS, HOLD, KICK, BALL STEP, 1/4 TURN IN PLACE

&1,2,&3,4      Swivel R heel to the left so toe faces 9:00 (&); swivel L heel to the left so toe faces 9:00 (RF is now ahead of LF), upper body follows to face 9:00 (1); Hold (2); L heel swivels right so that toes face 3:00 (&); R heel swivels right so that toes face 3:00 (LF is now ahead of RF) and upper body follows to face 3:00 (3); Hold (4)  
&5      Swivel R heel to the left so toe faces 9:00 (&); swivel L heel to the left so toe faces 9:00 (RF is now ahead of LF), upper body follows direction to face 9:00 (5)  
6&7, 8      Kick RF fwd (6); R step back (7), L step fwd, weight even (7); In place, Rotate 1/4 right and bend R knee (8), (12:00)

## HEEL DROPS, KICK, KICK, SAILOR w/ 1/4 TURN, KICK

1&2&3      L heel touches down (1) and lifts (&) touches down (2) and lifts (&) touches down (3)  
4, 5      L kick front (4), L kick left (5)  
6&7,8      Cross L behind R (6); Rock R to right diagonal (&); Turn 1/4 left and Step L fwd (face 9:00) (7); Kick R fwd (8)

**TAG: ^Wall 5: 4 count tag starts here**

## RONDE w 1/4 TURN, STEP, TOUCH, CROSS, SIDE, SAILOR SHUFFLE w/ KICK, CROSS, SIDE

&1,2      Keeping R foot raised, ronde de jambe right with 1/4 turn, landing on RF at right diagonal (&); Touch LF close to RF, knees face 1:30 (1); Hold (2)  
3,4      Cross L over R (3), Step R side (4)  
5&6&      Cross left behind right (5), rock R to side (with ball of RF) (&), kick L (6) and step slightly fwd (&)  
7,8      Cross right over left (7), step left to side (8)

## SAILOR SHUFFLE w/ KICK, STEP, TOE, STEP, HEEL, STEP, LOCK TOE, ROTATE TWD TOE, BODY ROLL

1&2&      Cross right behind left, rock left to side (with ball of LF), kick R and step slightly forward (naturally now facing 1:30)  
3&4&5,6,7-8      Tap L toe behind (3); Step L together (&); Flex foot and place heel fwd (4); Step R in place (&); Tap L toe behind (5); Lock Toe on ground and rotate body towards LF (face 9:00) (6); Body Roll, initiating with hips pushing fwd (7-8)

## HEEL STOMPS, SAILOR, SAILOR w/ TORQUE

1&2&3&4&      Drop/stomp L heel (1); L Heel lifts (&); Drop/stomp L heel (2); L Heel lifts (&); Drop/stomp L heel (3); L Heel lifts (&); Drop/stomp L heel (4); Shift weight to RF completely (&)  
5&6      Cross L behind R (5); Rock R to right diagonal (&); Step L on fwd diagonal (6)

7&8 Cross R behind L (7); Rock L to right diagonal (&); Step R on fwd diagonal, torquing upper body right to prep for turn (8)

**FULL SPIN, SHUFFLE, TOGETHER, HEEL SPLIT, ROCK FWD, RECOVER w/ 1/4 TURN**

1,2 Turn 1/4 left and Step L fwd into 1/2 turn twd 6:00 (1); Step R fwd into 1/2 turn (2), face 6:00  
3&4,5&6,7,8 Step L fwd (3), slide/step R behind L (&); step L fwd (4); Step R close together (5); Heels lift and separate (&); Heels come together (6); R rock fwd (7); 1/4 Turn right as weight falls back (8) (9:00) // \*\*This weightshift flows/connects to the beginning step of a R back rock\*\*

**\*Tag, 4 counts -- WALL 5 after COUNT 32**

**\*1, (Hold 2,3,4)**

Music drops out (2:36 in music) at count 29. Dance counts 30,31&32 even though there's no beat. Tag: R touch beside LF (1) and hold 3 counts as music/voice enters. Resume into next section beginning with Ronde (&1) from touch position.

Zoe Hawkins-Wells

---