

Bench Seat

拍数: 64 墙数: 2 级数: Intermediate
编舞者: Line Dance Biene (DE) & Thunder Gomes (DE) - March 2025
音乐: Bench Seat Revival (Radio Version) - Drew Moreland



Note: The dance starts after 8 counts

RF = Right foot; LF = Left foot

Sect 1: side-rock kick-stomp r, heel-split, back rock

1-2 Step RF to the right, lifting LF slightly – Weight back on LF
3-4 Kick RF forward – Stomp RF forward
5-6 Turn both heels out – Turn both heels back to center
7-8 Light jump, step RF back – Weight back on LF

Sect 2: step-lock-step, scuff, step ½ pivot turn r, ½ turn r back, hold

1-2 Step RF forward – Lock LF behind RF
3-4 Step RF forward – Scuff LF forward next to RF
5-6 Step LF forward – ½ turn right on both balls of the feet (Weight ends on RF)
7-8 ½ turn right on LF, step back – Hold (12:00)

Wall 8: Ending here: Plus an additional ½ turn right on RF, stomp forward

Sect 3: point r, step back, point l, step back, coaster step with stomp

1-2 Tap RF toe to the right, step RF back
3-4 Tap LF toe to the left, step LF back
5-6 Step RF back, step LF next to RF
7-8 Step RF forward, stomp LF forward

Sec.4: kick fwd (2x), back rock, side, scuff, side, stomp up

1-2 Kick RF forward (2x)
3-4 Step back with RF, lift LF slightly – Weight back on LF
5-6 Step RF to the right – Scuff LF forward next to RF
7-8 Step LF to the left – Stomp RF next to LF (Weight on LF)

Restart on Wall 6

Sect 5: grapevine r with hook, ¼ rock ¼ l, scuff r

1-2 Step RF to the right – Cross LF behind RF
3-4 Step RF to the right – Cross LF in front of RF shin as a hook
5-6 Step LF with a ¼ turn left (Lift RF slightly) – Weight back on RF with a ¼ turn left
7-8 Step LF to the left – Scuff RF forward

Sect 6: rock forward, ½ turn right, stomp up l, scissors cross, Hold

1-2 Step RF forward, lift LF slightly, weight back on LF
3-4 ½ turn right on LF, step RF forward, stomp LF next to RF without changing weight
5-6 Step LF diagonally back left – Step RF next to LF
7-8 Cross LF over RF, Hold

Restart on Wall 5

Sect 7: Kick (2x), ½ turn with step fwd, hold, jumping jazzbox with stomp up

1-2 Kick RF forward (2x)
3-4 Step RF forward with a ½ turn right, Hold
5-6 Cross LF over RF, step RF back
7-8 Step LF to the left, stomp RF up next to LF

Sect 8: Hitch back r, l, back rock, stomp r+l

- 1-2 Lift right knee, turn slightly to the right, and step back with RF
- 3-4 Lift left knee, turn slightly to the left, and step back with LF
- 5-6 Step RF back, lift LF slightly, weight back on LF
- 7-8 Stomp RF – Stomp LF next to RF

Tag (Walls 2, 4, and 7 replace Section 5 and 6)

Sect 5: stomp, 3* hold, stomp, 3* hold

- 1-2 Stomp RF to the right – Hold
- 3-4 Hold – Hold
- 5-6 Stomp LF to the left (Weight stays on LF) – Hold
- 7-8 Hold – Hold

Sect 6: scissors cross r+l with hold

- 1-2 Step RF diagonally back right – Step LF next to RF
- 3-4 Cross RF over LF – Hold
- 5-6 Step LF diagonally back left – Step RF next to LF
- 7-8 Cross LF over RF – Hold

Repeat until the end

The music slows down slightly on 7th wall. We adjust to the music starting at Section 7: (Kick (2x), ½ turn with step forward, hold, jumping jazzbox with stomp up).
