

# Ben

拍数: 40      墙数: 2      级数: Intermediate  
编舞者: Nadia Friel (AUS)  
音乐: Ben - Michael Jackson



## FORWARD COASTER, BRUSH, FORWARD COASTER, BRUSH

1&2&      Rock/step right forward, step left beside right, step right back, brush left foot across in front of right  
3&4&      Rock/step left forward, step right beside left, step left back, brush right foot across in front of left

## FORWARD, ½ TURN, BACK, FORWARD, 1 ¼ TURN

5&6      Step right forward, turn ½ right and step left back, rock/step right back  
7&8&      Rock/step left forward, turn ½ left and step right back, turn ½ left and step left forward, turn ¼ left and step right to right side

## SWEEP BACK, SWEEP BACK, BEHIND, SIDE, CROSS

1-2      Sweep/step left behind right, sweep/step right behind left  
3&4      Sweep/step left behind right, step right to right side, step left across in front of right

## SIDE, CROSS, SIDE, CROSS, BACK, ¾ TURN

&5&6      Step right to right side, step left across in front of right, step right to right side, step left across in front of right  
7&8      Rock/step back on right, turn ¼ left and step left forward, turn ½ left and step right back

## SAILOR STEP DRAG, BEHIND, ¼ TURN FORWARD

1&2      Sweep/step left behind right, step right to right side, large step left to left side and drag right to left  
3&      Step right behind left, turn ¼ left and step left forward

## FORWARD, LOCK, PIVOT ½ TURN, FORWARD, LOCK, PIVOT ¼ TURN, SWAY

4&5      Step right forward, lock/step left behind right, step right forward and pivot ½ left (weight on right)  
6&7      Step left forward, lock/step right behind left, step left forward and pivot ¼ right (weight on left)  
8      Sway right hip to right side

## SIDE/SWAY, TOGETHER, SIDE STEP/SWAY, SIDE ROCK, TOGETHER, SIDE STEP/SWAY

1&2      Rock/sway weight to left side, step right beside left, step/sway left to left side  
3&4      Rock weight to right, step left beside right, step/sway right to right side

## SIDE ROCK, HITCH, TURN ½ LEFT, DIAGONAL FORWARD, LOCK, FORWARD HITCH, STEP ACROSS

5      Rock weight to left hitching right knee as you turn ½ left  
6&7-8      Step right across left to left diagonal, lock/step left behind right, step right to left diagonal, hitch left, step left across right

Restart from here on wall 3

## SIDE, SIDE, FORWARD, SIDE, SIDE FORWARD

1&2      Rock/step right to right side, rock weight to left, step right forward  
&3&      Rock/step left to left side, rock weight to right, step left forward

## SIDE, SIDE, SAILOR DRAG, COASTER STEP

4&      Rock/step right to right side, rock weight to left

5&6 Step right behind left, rock/step left to left side, step right to right side dragging left to right  
7&8 Coaster step: step left back, step right beside left, step left forward

**REPEAT**

**RESTART**

**On wall 3, after count 32, restart the dance. You will be facing the back**

**FINISH**

**Change counts 11 & 12 to:**

11&12 Behind, side, turn  $\frac{1}{4}$  and step left to the front and drag right to left

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