# **Benny Dance**



编舞者: Giles Redpath (UK) 音乐: Benny - The Trixters



#### TOE/HEEL CROSS LEFT AND RIGHT, RIGHT SHUFFLE, LEFT MAMBO

1&2 Right toe to left instep, right heel to left instep, cross right over left

3&4 Repeat 1&2 with left foot
5&6 Right shuffle forward
7&8 Left mambo forward

# STEP BACK, TOUCH TWICE, RIGHT ½ TURN SHUFFLE, ROCK AND CROSS

9 Step back diagonally on right foot

10 Touch left next to right

11 Step back diagonally on left foot

12 Touch right next to left

13&14 Right shuffle half turn over right shoulder

15&16 Rock left to left side, rock onto right, cross left over right

#### CROSS TOE, HEEL TO RIGHT X4

17& Step right to right side place heel down, 18& Repeat 17& with left foot crossing right

19&20& Repeat 17&18

Angle body slightly right looking over left shoulder as though running away

### STEP BACK RIGHT, SWEEP X3

21 Step back on right foot,

22 Sweep left from front to behind right foot

23 Repeat 22 with right foot

24 Repeat 22

## RIGHT SHUFFLE, ROCK AND CROSS TWICE

25&26 Right shuffle forward,

27&28 Rock left to left side, rock onto right, cross left over right 29&30 Rock right to right side, rock onto left, cross right over left

31&32 Left mambo forward

#### **REPEAT**

To dance it contra, start back to back with partner. You will pass on steps 9-12. You will also need to alter 25&26 to a cross shuffle to your left. Counts 27-30 can be used for positioning. Facing couples must be far enough away as not to collide during counts 1-8.