

# Learning How To Bend

COPPER KNOB  
BY STEPHEN

拍数: 32      墙数: 4      级数: Intermediate  
编舞者: Gaye Teather (UK) - October 2008  
音乐: Learning How to Bend - Gary Allan : (CD: Living Hard)



## Start dancing on lyrics

### Cross, Side Rock, Behind, Side, Cross Rock, ¼ Turn Right Shuffle Forward

1-3            Cross left over right, rock right to side, recover onto left  
4-5            Cross right behind left, step left to side  
6-7            Cross rock right over left, recover onto left  
8&1            Turn ¼ right and step right forward, step left together, step right forward (facing 3:00)

**Emphasize the side rock on step 2 to coincide with the words "fly" and "bend" throughout the song**

### Step, Pivot ½ Turn Right, Step, Full Turn Left, Step, Pivot ¼ Turn Left

2-4            Step left forward, turn ½ right (weight to right), step left forward  
5-6            Turn ½ left and step right back, turn ½ left and step left forward  
7-8            Step right forward, turn ¼ left (weight to left, facing 6:00)

**Option: steps 5-6 above can be replaced with 2 walks forward right, left**

### Cross Rock, Chasse Right, Back Rock, ¼ Turn Left Shuffle

1-2            Cross/rock right over left, recover onto left  
3&4            Step right to side, step left together, step right to side  
5-6            Rock left back, recover onto right  
7&8            Turn ¼ left and step left forward, step right together, step left forward (facing 3:00)

### Forward Rock, ½ Turn Right, Chasse Left, Back Rock, Kick-Ball-(Cross)

1-3            Rock right forward, recover onto left, turn ½ right and step right forward (facing 9:00)  
4&5            Step left to side, step right together, step left to side  
6-7            Rock right back, recover onto left  
8&            Kick right forward, step right together

**Repeat**

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