

My BFB (Best Friend Ben)

COPPER KNOB
BY STEPHEN

拍數: 40
編舞者: Lynn Card (USA) - May 2015
音樂: Ben - Michael Jackson

級數: Low Intermediate



**** In Honor And Loving Memory Of Ben Heggy ****

(1-8) STEP, ROCK BACK , RECOVER, STEP, ROCK BACK, RECOVER, STEP & PIVOT ½ TURN, RECOVER, CROSS, STEP, ROCK BACK, RECOVER

1,2&,3,4& Step R to right (1), Rock L behind R (2), Recover forward on R (&), Step L to left (3), Rock R behind L (4), Recover forward on L (&)

5,6&7,8& Step R to right and pivot ½ turn to left (6 o'clock) (5), Step L to left (6), Cross R over L (&), Step L to left (7), Rock R behind L (8), Recover forward on L (&)

(9 – 16) STEP, ROCK BACK , RECOVER, STEP, ROCK BACK, RECOVER, STEP & PIVOT ½ TURN, RECOVER, CROSS, STEP, ROCK BACK, RECOVER

1,2&,3,4& Step R to right (1), Rock L behind R (2), Recover forward on R (&), Step L to left (3), Rock R behind L (4), Recover forward on L (&)

5,6&7,8& Step R to right and pivot ½ turn to left (12 o'clock) (5), Step L to left (6), Cross R over L (&), Step L to left (7), Rock R behind L (8), Recover forward on L (&)

(17 – 24) STEP, ROCK BACK, RECOVER, STEP LEFT ¼ TURN TO RIGHT, ROCK BACK, RECOVER, STEP RIGHT, ROCK BACK, RECOVER, STEP LEFT ¼ TURN TO RIGHT, ROCK BACK, RECOVER

1,2&,3,4& Step R to right (1), Rock L behind R (2), Recover forward on R (&), Make ¼ turn to right as you step L to left (3 o'clock) (3), Rock R behind L (4), Recover forward on L (&)

5,6&7,8& Step R to right (5), Rock L behind R (6), Recover forward on R (&), Make ¼ turn to right as you step L to left (6 o'clock) (7), Rock R behind L (8), Recover forward on L (&)

(25-32) STEP, CROSS ROCK, RECOVER, STEP SWAY, SWAY, SWAY, FULL TURN, STEP, TOUCH

1,2&,3,4 Step R to right (1), Cross rock L over R (2), Recover back to R (&), Step L to left swaying L hip to left (3), Sway R hip to right shifting weight to R (4)

Restart and Change of Step in Wall 3, facing 6 o'clock

On count 8 instead of touching L next to R, Step L next to R to shift the weight to your L so that you can Restart the dance on your R.

5,6&,7,8 Sway L hip to left shifting weight to left (5), Turn 1/4 turn to right stepping R forward (6), Turn 1/2 turn to right stepping L back (&), Turn 1/4 turn to right stepping R to right side (7), Touch L next to R (8) (6 o'clock)

(33 – 40) STEP, CROSS ROCK, RECOVER, STEP SWAY, SWAY, SWAY, FULL TURN, STEP, TOUCH

1,2&,3,4 Step L to left (1), Cross rock R over L (2), Recover back to L (&), Step R to right swaying R hip to right (3), Sway L hip to left shifting weight to L (4)

5,6&,7,8 Sway R hip to right shifting weight to right (5), Turn 1/4 turn to left stepping L forward (6), Turn 1/2 turn to left stepping R back (&), Turn 1/4 turn to left stepping L to left side (7), Touch R next to L (8) (6 o'clock)

NOTE: In Wall 4 the music will slow down slightly as you step into counts 33,34&....follow the tempo of the music as you execute these steps.

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