

Like Ben

拍數: 40 牆數: 2 級數: Intermediate
編舞者: Marian van der Heijden (NL) - November 2018
音樂: Ben - Michael Jackson



Intro: 16 counts

Step fwd, cross over, step back (2x), (sweep) behind side cross, recover, side, cross, recover, side

1 RF step forward
2 & 3 LF cross over, RF step back, LF step back
4 & 5 RF (sweep) cross behind LF step aside, RF cross over
6 & 7 recover on LF, RF step aside LF cross over
8 & recover on RF, LF step aside

Walk fwd R L, mambo fwd, sweep & step back L R, Mambo back

1 - 2 RF step forward, LF step forward
3 & 4 RF rock forward, recover on LF RF step back
5 - 6 LF sweep & step back RF sweep & step back
7 & 8 LF rock back, recover on RF, LF step forward

Slide Step R, rock step, slide step L, rock step, step R & sway hip R L, chassé ¼ Turn R

1 RF big step to the right
2 & 3 LF rock back, recover on RF, LF big step to the left
4 & 5 RF rock back, recover on LF, RF step aside & sway hip R
6 sway hip L
7 & 8 RF step aside, LF close, RF step forward 1/4 turn R

Slide Step L, rock step, slide step R, rock step, step L & sway hip L R, chassé ¼ Turn L

1 LF big step to the left
2 & 3 RF rock back, recover on LF, RF big step to the right
4 & 5 LF rock back, recover on RF, LF step aside & sway hip L
6 sway hip R
7 & 8 LF step aside, RF close, LF step forward 1/4 turn L *

Pivot 1/4 turn L, cross-shuffle, step fwd 1/4 L, rock step fwd, step back, rock step back, step fwd

1 - 2 RF step forward, LF+RF turn 1/4 L
3 & 4 RF cross over, LF small step left, RF cross over
& LF step forward 1/4 turn L
5 - 6 RF rock forward, recover on LF
& RF close next to LF
7 - 8 LF rock back, recover on RF
& rock back on LF

Start over and enjoy !

* Restart: dance the 3th wall through count 32 (4th section) and restart[12].

Finish: dance the 5th wall [6] through count 8 (1th section) and then RF cross over and RF+LF unwind 1/2 turn L [12].