

# Foreman

拍數: 32      牆數: 4      級數: Beginner  
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音樂: Bench Seat - Kristen Foreman



## INTRO: 32 COUNT

### SEC 1: KICK BALL CHANGE TWICE , ½ TURN RIGHT TWICE

1&2      kick right forward, step right beside left, step left on place  
3&4      kick right forward, step right beside left, step left on place  
5-6      step right forward, ½ turn left (weight on left)  
7-8      step right forward, ½ turn left (weight on left)

### SEC 2: GRAPEVINE RIGHT , ¼ TURN RIGHT , ½ TURN RIGHT , GRAPEVINE LEFT

1-2      step right side right, cross left behind right  
3-4      turn ¼ right and step right forward, step left forward  
5-6      turn ½ right, turn ¼ right and step left side left  
7-8      cross right behind left, turn ¼ left and step left forward

### SEC 3: HIP BUMPS (R -L ) , ¼ TURN LEFT TWICE

1-2      step right forward bumping hips R-L  
3-4      step left forward bumping hips R-L  
5-6      step right forward, turn ¼ left  
7-8      step right forward, turn ¼ left

### SEC4: JAZZ BOX , STOMP CLAP TWICE

1-2      cross right over left, step back left  
3-4      step side right, step left forward  
5-6      stomp right forward, clap in place  
7-8      stomp left forward, clap in place

## REPEAT

**RESTART: at the 4th wall after 24 count**

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