

Love for Ben

拍數: 40 牆數: 2 級數: Beginner
編舞者: Judi Rifa (INA) - January 2022
音樂: Ben - Silvia Amaru : (Michael Jackson cover)



Intro: 8 counts

Sequence: 40c, 40c, 32c, 40c, (33-40)c

Restart on wall 3 after 32c

S1 : FORWARD ROCK RECOVER, SUFFLE TURN ½ R (2x), COASTER STEP

1 - 2 Rock RF forward, Recover LF
3&4 Turn ¼R step RF to R side (03:00), Step LF beside RF, Turn ¼R step RF forward (06:00)
5&6 Turn ¼R Step LF to L side (09:00), Step RF beside LF, Turn ¼R step LF backward (12:00)
7&8 Step RF backward behind LF, step LF beside RF, Step RF forward

S2 : OPEN RHUMBA BOX, FORWARD ROCK RECOVER, SUFFLE TURN ½ L

1&2 Step LF to L side, Put RF beside LF, Step LF forward
3&4 Step RF to R side, Put LF beside RF, Step RF forward
5 - 6 Rock LF forward, Recover RF
7&8 Turn ¼L step LF to L side, Step RF beside LF, Turn ¼L Step LF forward (06:00)

S3 : BIG STEP TO R SIDE, SAILOR TURN ¼ L (2x)

1 - 2 Big step RF to R side drag LF, hold (2)
3&4 Turn ¼L cross LF behind RF (03:00), Step RF to R side, Step LF forward
5 - 6 Big step RF to R side drag LF, hold (6)
7&8 Turn ¼L cross LF behind RF (12:00), Step RF to R side, Step LF forward

S4 : BIG STEP TO R SIDE, SAILOR TURN ¼ L (2x)

1 - 2 Big step RF to R side drag LF, hold (2)
3&4 Turn ¼L cross LF behind RF (09:00), Step RF to R side, Step LF forward
5 - 6 Big step RF to R side drag LF, hold (6)
7&8 Turn ¼L cross LF behind RF (06:00), Step RF to R side, Step LF forward

....On wall-3 after this section (32c) then Restart (to wall-4)

S5 : SWAY R/L (2x), PIVOT ½L (2x)

1 - 2 Step RF to R side with sway, Recover LF with sway
3 - 4 Recover RF with sway, Recover LF with sway
5 - 6 Step RF fwd, Turn ½L (foot inplace)
7 - 8 Step RF fwd, Turn ½L (foot inplace)

....After completing wall-4 there is additional Section-5 (8 counts) before ending.

Note: In the last wall, slow down step a bit follows the music.

In section 3 & 4, you may express and vary your hand style as comfort as you like.

Enjoy the dance...