

# Bench (벤치)

COPPER KNOB  
STEPPERS

拍數: 32      牆數: 4      級數: Easy Improver  
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Tag: after 6wall 8count

( R step forward L full trunR side chasse L step forward R recover Triffle step )

## SEC1: BOX FORWARD ROCK STEP CROSS SIDE BACKWARD ROCK STEP

1 2 3&4      R step side L together R step forward L together R step forward  
5 6 7&8      L cross R step side L step backward R together L step backward

## SEC2: BACKWARD ROCK RECOVER CROSS TOGETHER SIDE CROSS SIDE 1/4L BACKWARD ROCK STEP

1 2 3&4      R step backward L recover R cross L step together R step side  
5 6 7&8      L cross R step side L 1/4L step backward R together L step backward

## SEC3: SIDE ROCK RECOVER TRIFFLE STEP X2

1 2 3&4      R step side L Inplace R step together on ball L inplace on ball R step inplace  
5 6 7&8      L step side R inplace L step together on ball R inplace on ball L step inplace

## SEC4: FORWARD ROCK RECOVER BACKWARD ROCK STEP BACKWARD ROCK RECOVER FORWARD ROCK STEP

1 2 3&4      R step forward L recover R step backward L together R step backward  
5 6 7&8      L step backward R recover L step forward R together L step forward

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Thank you ~~ Have a good day~~~