

# Ben 2024

拍數: 16      牆數: 4      級數: High Beginner  
編舞者: Chok Fredo (INA) - January 2024  
音樂: Ben - Silvia Amaru



Intro 8 count Start dance on vocal Lyrics  
No Tag / 2 Restart

## Sec 1 FORWARD AND SWEEP - SIDE - BACK AND SWEEP - 1/4 TURN L - FORWARD - 1 / 2 PIVOT R L

12&            step R forward sweep L forward (1) cross L over R (2) step R to side (&  
34&            step L back sweep R back (3) cross R behind L (4) 1/4 turn left step L forward forward (&  
56&            step R forward (5) step L forward (6)    1/2 turn right R in place (&  
78&            step L forward (7) step R forward (8) 1/2 turn left L in place (&

RESTART HERE ON WALL 3 &, 6

## Sec II 1/2 DIAMOND L - BASIC NC - SPIRAL 1/2 R - FORWARD

12&            step R to side (1) 1/8 turn left step L back, (2) step R back (&  
34&            1/8 turn left step L side (3) 1/8 turn left step R forward (4) step L forward (&  
56&            Turn 1/8 left step R to side (5) step L slightly behind R (6) cross R over L (&  
7                step L to side and make spiral 1/2 right (7) facing 9.00  
8&            step R forward (8) step L forward (&

Restart on wall 3 &, 6 After 8 count

Last Update: 24 May 2024