

Ben

拍數: 40 牆數: 2 級數: Intermediate
編舞者: Nadia Friel (AUS)
音樂: Ben - Michael Jackson



FORWARD COASTER, BRUSH, FORWARD COASTER, BRUSH

1&2& Rock/step right forward, step left beside right, step right back, brush left foot across in front of right
3&4& Rock/step left forward, step right beside left, step left back, brush right foot across in front of left

FORWARD, ½ TURN, BACK, FORWARD, 1 ¼ TURN

5&6 Step right forward, turn ½ right and step left back, rock/step right back
7&8& Rock/step left forward, turn ½ left and step right back, turn ½ left and step left forward, turn ¼ left and step right to right side

SWEEP BACK, SWEEP BACK, BEHIND, SIDE, CROSS

1-2 Sweep/step left behind right, sweep/step right behind left
3&4 Sweep/step left behind right, step right to right side, step left across in front of right

SIDE, CROSS, SIDE, CROSS, BACK, ¾ TURN

&5&6 Step right to right side, step left across in front of right, step right to right side, step left across in front of right
7&8 Rock/step back on right, turn ¼ left and step left forward, turn ½ left and step right back

SAILOR STEP DRAG, BEHIND, ¼ TURN FORWARD

1&2 Sweep/step left behind right, step right to right side, large step left to left side and drag right to left
3& Step right behind left, turn ¼ left and step left forward

FORWARD, LOCK, PIVOT ½ TURN, FORWARD, LOCK, PIVOT ¼ TURN, SWAY

4&5 Step right forward, lock/step left behind right, step right forward and pivot ½ left (weight on right)
6&7 Step left forward, lock/step right behind left, step left forward and pivot ¼ right (weight on left)
8 Sway right hip to right side

SIDE/SWAY, TOGETHER, SIDE STEP/SWAY, SIDE ROCK, TOGETHER, SIDE STEP/SWAY

1&2 Rock/sway weight to left side, step right beside left, step/sway left to left side
3&4 Rock weight to right, step left beside right, step/sway right to right side

SIDE ROCK, HITCH, TURN ½ LEFT, DIAGONAL FORWARD, LOCK, FORWARD HITCH, STEP ACROSS

5 Rock weight to left hitching right knee as you turn ½ left
6&7-8 Step right across left to left diagonal, lock/step left behind right, step right to left diagonal, hitch left, step left across right

Restart from here on wall 3

SIDE, SIDE, FORWARD, SIDE, SIDE FORWARD

1&2 Rock/step right to right side, rock weight to left, step right forward
&3& Rock/step left to left side, rock weight to right, step left forward

SIDE, SIDE, SAILOR DRAG, COASTER STEP

4& Rock/step right to right side, rock weight to left

5&6 Step right behind left, rock/step left to left side, step right to right side dragging left to right
7&8 Coaster step: step left back, step right beside left, step left forward

REPEAT

RESTART

On wall 3, after count 32, restart the dance. You will be facing the back

FINISH

Change counts 11 & 12 to:

11&12 Behind, side, turn $\frac{1}{4}$ and step left to the front and drag right to left
