

# Bend That Knee

拍數: 32      牆數: 4      級數: Intermediate  
編舞者: Sobrielo Philip Gene (SG) & Chew Wei Keat  
音樂: Eye Deh a Mi Knee - Sean Paul



## FORWARD MAMBO, FORWARD MAMBO, JAZZ BOX

1&2      Step right forward, step back on left, step right beside left  
3&4      Step left forward, step back on right, step left beside right  
5      Cross right over left  
6      Step back on left  
7      Step right beside left  
8      Step left together beside right

**Man:** for count 1&2, 3&4 do chest pump out on count 1&3 then retract on 2&4

**Lady:** when doing mambo, shake your hips like doing salsa

## HAND SWINGS, FOUR HEEL BOUNCES WITH HIP ROLLS

1      Swing right hand straight up forward with left hand down  
2      Switch by swinging left hand straight up and right hand down  
3      Switch by swinging right hand straight up and left hand down  
4      Switch by swinging left hand straight up and right hand down  
5-8      Heel bounces making a ¼ turn left with hip rolls to the left (weight on left)

## HIP BUMPS, STEP ¼ TURN, FOUR JUMPS

1&2      Step right to right and bump hip to right, bump hip to left, bump hip to right flicking left behind right  
3-4      Step back on left making a ¼ turn right, step right slightly to right (feet slightly apart)  
5-8      Making 4 short jumps forward with both feet together ending weight on left (if it is hard to do, just bounce heels 4 time)

## PIVOT ½ TURN, STEP STEP, KNEES BEND ¼ TURN, WALK WALK

1-2      Step right forward making ½ turn left, shift weight on left  
3-4      Step right diagonally forward, step left diagonally forward  
5      Right knee pop squatting partially down making ¼ turn left  
6      Stand up shifting weight on left  
7      Step right forward  
8      Step left forward

**REPEAT**

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