Ben

Count: 40 **Wall:** 2 **Level:** Easy Intermediate
Choreographer: Andre Adhitama Rizal (INA) - December 2017
Music: Ben - Michael Jackson

Intro: 16 Counts (on vocals)

S1: BASIC, 1/4 TURN R STEP BACK, 1/4 TURN R STEP SIDE, CROSS, SIDE ROCK, RECOVER, CROSS, 1/4 TURN STEP L BACK, 1/2 TURN STEP R FORWRD, STEP FORWARD L & R

1-2&3	Step R long step to right side(1), Rock L behind R (2), Recover onto R (&), 1/4 Turn right step back on L (3)(3:00)
4&5	1/4 turn right step R to right side (4) (6:00), Cross L over R (&), Rock side R to right (5) (6:00)
&6&	Recover onto L (&), Cross R over L (6), 1/4 Turn right step back on L (&) (9:00)
7&8	1/2 turn right Step R forward (7) (3:00), Step forward on L (&), Step forward on R (8)

S2: BIG STEP BACK, BACK, 1/4 TURN L SIDE, CROSS/ROCK, RECOVER, SIDE, CROSS WITH SWEEP, FORWARD WITH SWEEP, ROCK FORWARD, TURN 1/4 LEFT, FORWARD

1-2&	Step back L long step(1), Step back on R (2), 1/4 Turn left step L to left side(&) (12:00)
3-4&	Cross R over L (3), Recover onto L (4), Step R to right side (&)
5-7	Cross L over R sweeping R (5), Step forward R sweeping L (6), Step forward L (7)
8&1	Rock forward R (8), 1/4 Turn left Recover onto L (&) (9:00), Rock forward R (1)

S3: RECOVER, BACK, BACK WITH HITCH, SCISSOR STEP, SYNCOPATED MAMBO CROSS, MAMBO TURN 1/4 LEFT, STEP FORWARD

2&3	Recover onto L (2), Step Back on R (&), Step back on L Hitch R (3)
4&5	Step R to right side (4), Step L beside R (&), Cross R over L (5)
6&7	Side rock onto L (6), Recover onto R (&), Cross L over R (7)
&8&1	Side rock onto R (&), Recover onto L (8), 1/8 Turn left Step R forward (&) (7:30), Step forward on L (1)

S4: FORWARD, TURN 1/2 LEFT, FORWARD, FORWARD, TURN 1/2 RIGHT, FORWARD, ROCKING CHAIR, LOCKED SHUFFLE

2&3	Step forward on R (2), 1/2 Turn left recover onto L (&) (1:30), Step forward on R (3)
4&5	Step forward on L (4), 1/2 Turn right recover onto R (&) (7:30), Step forward on L (5)
6&7	Rock Forward R (6), Recover onto L (&) Back Rock on R (7)
&8&	Recover onto L (&), Step R forward (8), Step Lock L behind R (&) (7:30)

Note: Restart happen here on wall 3 & 4

S5: DIAMOND SHAPE FALL AWAY FULL TURN LEFT

1-2&3	Step R forward (1), Cross L over right (2), 1/8 Turn left back onto R (&) (4:30), Step L back (3)
4&5	Step R Behind L (4), Turn 1/8 left step L forward (&) (1:30), Step R forward (5)
6&7	Cross L over R (6), Turn 1/8 left step R back (&) (10:30), Step L back (7)
8&	Step R Behind L (8), Turn 1/4 left Step L forward (&) (7:30)

REPEAT

For more info about song & step sheet please contact: adhitama.rizal@gmail.com
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