

# Bend

Count: 32

Wall: 4

Level: Beginner / Improver

Choreographer: Tanya Woffenden (CAN) - 7 October 2023

Music: Bend - Ria Mae



No Tags, No Restarts

#12 counts in - Start

## #1ST SECTION - Monterey ¼ right turn and vine

- 1-2 Touch R toe to right side, pivoting 1/4 right turn on ball of R
- 3&4 Touch L toe to left, step L next to R
- 5-8 Step R to right side, step L behind R, Step R to right side, touch left

## #2nd SECTION - Step touches 1/4 L turn

- 1-2 Step L then touch R,
- 3&4 Step R then touch L
- 5-6 Step L to left, step R behind left
- 7&8 Pivot 1/4 L turn, and touch right

## #3RD SECTION Rumba with coaster

- 1-2 Step R to right, step L next to R
- 3&4 Shuffle Forward with R foot
- 5-6 Step forward on L
- 7&8 Step L back next to R, step forward on R

## #4TH SECTION Rock shuffle then ¼ turn

- 1-2 Rock shuffle right side.
- 3&4 L back and recover
- 5-6 Rock shuffle left side with ¼ turn
- 7&8 R back and recover

Start over and have fun!

Last Update: 10 Oct 2023

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