

Learning How To Bend

Count: 32

Wall: 4

Level: Intermediate

Choreographer: Gaye Teather (UK) - October 2008

Music: Learning How to Bend - Gary Allan : (CD: Living Hard)



Start dancing on lyrics

Cross, Side Rock, Behind, Side, Cross Rock, ¼ Turn Right Shuffle Forward

- 1-3 Cross left over right, rock right to side, recover onto left
- 4-5 Cross right behind left, step left to side
- 6-7 Cross rock right over left, recover onto left
- 8&1 Turn ¼ right and step right forward, step left together, step right forward (facing 3:00)

Emphasize the side rock on step 2 to coincide with the words "fly" and "bend" throughout the song

Step, Pivot ½ Turn Right, Step, Full Turn Left, Step, Pivot ¼ Turn Left

- 2-4 Step left forward, turn ½ right (weight to right), step left forward
- 5-6 Turn ½ left and step right back, turn ½ left and step left forward
- 7-8 Step right forward, turn ¼ left (weight to left, facing 6:00)

Option: steps 5-6 above can be replaced with 2 walks forward right, left

Cross Rock, Chasse Right, Back Rock, ¼ Turn Left Shuffle

- 1-2 Cross/rock right over left, recover onto left
- 3&4 Step right to side, step left together, step right to side
- 5-6 Rock left back, recover onto right
- 7&8 Turn ¼ left and step left forward, step right together, step left forward (facing 3:00)

Forward Rock, ½ Turn Right, Chasse Left, Back Rock, Kick-Ball-(Cross)

- 1-3 Rock right forward, recover onto left, turn ½ right and step right forward (facing 9:00)
- 4&5 Step left to side, step right together, step left to side
- 6-7 Rock right back, recover onto left
- 8& Kick right forward, step right together

Repeat
