

# Like Ben

拍数: 40      墙数: 2      级数: Intermediate  
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音乐: Ben - Michael Jackson



Intro: 16 counts

**Step fwd, cross over, step back (2x), (sweep) behind side cross, recover, side, cross, recover, side**

1                    RF step forward  
2 & 3                LF cross over, RF step back, LF step back  
4 & 5                RF (sweep) cross behind LF step aside, RF cross over  
6 & 7                recover on LF, RF step aside LF cross over  
8 &                    recover on RF, LF step aside

**Walk fwd R L, mambo fwd, sweep & step back L R, Mambo back**

1 - 2                RF step forward, LF step forward  
3 & 4                RF rock forward, recover on LF RF step back  
5 - 6                LF sweep & step back RF sweep & step back  
7 & 8                LF rock back, recover on RF, LF step forward

**Slide Step R, rock step, slide step L, rock step, step R & sway hip R L, chassé ¼ Turn R**

1                    RF big step to the right  
2 & 3                LF rock back, recover on RF, LF big step to the left  
4 & 5                RF rock back, recover on LF, RF step aside & sway hip R  
6                    sway hip L  
7 & 8                RF step aside, LF close, RF step forward 1/4 turn R

**Slide Step L, rock step, slide step R, rock step, step L & sway hip L R, chassé ¼ Turn L**

1                    LF big step to the left  
2 & 3                RF rock back, recover on LF, RF big step to the right  
4 & 5                LF rock back, recover on RF, LF step aside & sway hip L  
6                    sway hip R  
7 & 8                LF step aside, RF close, LF step forward 1/4 turn L \*

**Pivot 1/4 turn L, cross-shuffle, step fwd 1/4 L, rock step fwd, step back, rock step back, step fwd**

1 - 2                RF step forward, LF+RF turn 1/4 L  
3 & 4                RF cross over, LF small step left, RF cross over  
&                    LF step forward 1/4 turn L  
5 - 6                RF rock forward, recover on LF  
&                    RF close next to LF  
7 - 8                LF rock back, recover on RF  
&                    rock back on LF

Start over and enjoy !

\* Restart: dance the 3th wall through count 32 (4th section) and restart[12].

Finish: dance the 5th wall [6] through count 8 (1th section) and then RF cross over and RF+LF unwind 1/2 turn L [12].