

Ben 2024

拍数: 16 墙数: 4 级数: High Beginner
编舞者: Chok Fredo (INA) - January 2024
音乐: Ben - Silvia Amaru



Intro 8 count Start dance on vocal Lyrics
No Tag / 2 Restart

Sec 1 FORWARD AND SWEEP - SIDE - BACK AND SWEEP - 1/4 TURN L - FORWARD - 1 / 2 PIVOT R L

12& step R forward sweep L forward (1) cross L over R (2) step R to side (&
34& step L back sweep R back (3) cross R behind L (4) 1/4 turn left step L forward forward (&
56& step R forward (5) step L forward (6) 1/2 turn right R in place (&
78& step L forward (7) step R forward (8) 1/2 turn left L in place (&

RESTART HERE ON WALL 3 &, 6

Sec II 1/2 DIAMOND L - BASIC NC - SPIRAL 1/2 R - FORWARD

12& step R to side (1) 1/8 turn left step L back, (2) step R back (&
34& 1/8 turn left step L side (3) 1/8 turn left step R forward (4) step L forward (&
56& Turn 1/8 left step R to side (5) step L slightly behind R (6) cross R over L (&
7 step L to side and make spiral 1/2 right (7) facing 9.00
8& step R forward (8) step L forward (&

Restart on wall 3 &, 6 After 8 count

Last Update: 24 May 2024