

Like Ben

LINEDANCE.COM

Count: 40

Wall: 2

Level: Intermediate

Choreographer: Marian vd Heijden (November 2018)

Music: "Ben" by Michael Jackson

Intro: 16 counts

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

1RF step forward

2 & 3LF cross over, RF step back, LF step back

4 & 5RF (sweep) cross behind LF step aside, RF cross over

6 & 7recover 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 - 2RF step forward, LF step forward

3 & 4RF rock forward, recover on LF RF step back

5 - 6LF sweep & step back RF sweep & step back

7 & 8LF 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

1RF big step to the right

2 & 3LF rock back, recover on RF, LF big step to the left

4 & 5RF rock back, recover on LF, RF step aside & sway hip R

6sway hip L

7 & 8RF 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

1LF big step to the left

2 & 3RF rock back, recover on LF, RF big step to the right

4 & 5LF rock back, recover on RF, LF step aside & sway hip L

6sway hip R

7 & 8LF 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 - 2RF step forward, LF+RF turn 1/4 L

3 & 4RF cross over, LF small step left, RF cross over

&LF step forward 1/4 turn L

5 - 6RF rock forward, recover on LF

&RF close next to LF

7 - 8LF 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].