

# BEN

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**Count:** 40

**Wall:** 2

**Level:** intermediate

**Choreographer:** Nadia Friel

**Music:** Ben by Michael Jackson

## FORWARD COASTER, BRUSH, FORWARD COASTER, BRUSH

**1&2&** Rock/step right forward, step left beside right, step right back, brush left foot across in front of right

**3&4&** Rock/step left forward, step right beside left, step left back, brush right foot across in front of left

## FORWARD, ½ TURN, BACK, FORWARD, 1 ¼ TURN

**5&6** Step right forward, turn ½ right and step left back, rock/step right back

**7&8&** Rock/step left forward, turn ½ left and step right back, turn ½ left and step left forward, turn ¼ left and step right to right side

## SWEEP BACK, SWEEP BACK, BEHIND, SIDE, CROSS

**1-2** Sweep/step left behind right, sweep/step right behind left

**3&4** Sweep/step left behind right, step right to right side, step left across in front of right

## SIDE, CROSS, SIDE, CROSS, BACK, ¾ TURN

**&5&6** Step right to right side, step left across in front of right, step right to right side, step left across in front of right

**7&8** Rock/step back on right, turn ¼ left and step left forward, turn ½ left and step right back

## SAILOR STEP DRAG, BEHIND, ¼ TURN FORWARD

**1&2** Sweep/step left behind right, step right to right side, large step left to left side and drag right to left

**3&** Step right behind left, turn ¼ left and step left forward

## FORWARD, LOCK, PIVOT ½ TURN, FORWARD, LOCK, PIVOT ¼ TURN, SWAY

**4&5** Step right forward, lock/step left behind right, step right forward and pivot ½ left (weight on right)

**6&7** Step left forward, lock/step right behind left, step left forward and pivot ¼ right (weight on left)

8 Sway right hip to right side

**SIDE/SWAY, TOGETHER, SIDE STEP/SWAY, SIDE ROCK, TOGETHER, SIDE STEP/SWAY**

1&2 Rock/sway weight to left side, step right beside left, step/sway left to left side

3&4 Rock weight to right, step left beside right, step/sway right to right side

**SIDE ROCK, HITCH, TURN ½ LEFT, DIAGONAL FORWARD, LOCK, FORWARD HITCH, STEP ACROSS**

5 Rock weight to left hitching right knee as you turn ½ left

6&7-8 Step right across left to left diagonal, lock/step left behind right, step right to left diagonal, hitch left, step left across right

**Restart from here on wall 3**

**SIDE, SIDE, FORWARD, SIDE, SIDE FORWARD**

1&2 Rock/step right to right side, rock weight to left, step right forward

&3& Rock/step left to left side, rock weight to right, step left forward

**SIDE, SIDE, SAILOR DRAG, COASTER STEP**

4& Rock/step right to right side, rock weight to left

5&6 Step right behind left, rock/step left to left side, step right to right side dragging left to right

7&8 Coaster step: step left back, step right beside left, step left forward

**REPEAT**

**RESTART**

**On wall 3, after count 32, restart the dance. You will be facing the back**

**FINISH**

**Change counts 11 & 12 to:**

11&12 Behind, side, turn ¼ and step left to the front and drag right to left