

# LEARNING HOW TO BEND

LINEDANCE.COM

**Count:** 32

**Wall:** 4

**Level:** Intermediate

**Choreographer:** Gaye Teather (Oct 08)

**Music:** Learning How To Bend by Gary Allan (CD: Living Hard)

## Start dancing on lyrics

### Cross, Side Rock, Behind, Side, Cross Rock, $\frac{1}{4}$ 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  $\frac{1}{4}$  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 $\frac{1}{2}$ Turn Right, Step, Full Turn Left, Step, Pivot $\frac{1}{4}$ Turn Left

- 2-4** Step left forward, turn  $\frac{1}{2}$  right (weight to right), step left forward
- 5-6** Turn  $\frac{1}{2}$  left and step right back, turn  $\frac{1}{2}$  left and step left forward
- 7-8** Step right forward, turn  $\frac{1}{4}$  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, $\frac{1}{4}$ 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  $\frac{1}{4}$  left and step left forward, step right together, step left forward (facing 3:00)

### Forward Rock, $\frac{1}{2}$ Turn Right, Chasse Left, Back Rock, Kick-Ball-(Cross)

- 1-3** Rock right forward, recover onto left, turn  $\frac{1}{2}$  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

---

Source: LineDance.com — [https://www.linedance.com/index.php?f=dance\\_view&id=76716](https://www.linedance.com/index.php?f=dance_view&id=76716)