

BEN

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CD: 2010 Tema International Ltd., CD Title "Michael Jackson Remembered On The Dance Floor" (Artist: Tony Evans) Track 13
"Ben" or download from internet site such as I Tunes

FOOTWORK: Opposite unless noted (Woman's footwork in parentheses) Time: 2:55

RHYTHM: Waltz RAL PHASE II

DEGREE OF DIFFICULTY: AVERAGE

SEQUENCE: INTRO-A-A-B-A-ENDING

MEAS:

INTRODUCTION

1-4 OP-FCG WALL WAIT 2 MEAS;; APART POINT; TOGETHER TOUCH BFLY;

- 1-2 Wait in OP-FCG WALL w/ lead ft free;;
- 3 {**Apert Point**} OP-FCG WALL Apt L, pt R twd ptr, -;
- 4 {**Together Touch BFLY**} Tog R, tch L to BFLY WALL, -;

PART A

1-4 BALANCE LEFT & RIGHT;; TWIRL VINE 3; THRU TWINKLE;

- 1-2 {**Balance Left & Right**} BFLY WALL Sd L, XRib (W XLib), in plc L; Sd R, XLib (W XRib), in plc R;
- 3 {**Twirl Vine 3**} BFLY WALL Sd L, XRib, sd L (W sd & fwd R trn 1/2 RF undr ld hands, sd & bk L trn 1/2 RF, sd R);
- 4 {**Thru Twinkle**} Thru R, trn RF sd L, cl R to LOP RLOD (W thru L, trn LF sd R, cl L);

5-8 THRU TWINKLE; THRU FACE CLOSE; WALTZ AWAY; TURN IN TO LOP;

- 5 {**Thru Twinkle**} Thru L, trn LF sd R, cl L to OP LOD (W thru R, trn RF sd L, cl R);
- 6 {**Thru Face Close**} OP LOD Thru R trn RF (W thru L trn LF), sd L, cl R to BFLY WALL;
- 7 {**Waltz Away**} BFLY WALL w/ insd hnds joined fwd L trn away from ptr, sd & fwd R to slight bk to bk, cl L;
- 8 {**Turn in to LOP**} OP LOD Thru R trn RF, sd L cont trn, bk R to LOP RLOD (W thru L trn LF, sd R cont trn, bk L);

9-12 BACK WALTZ; BACK FACE CLOSE TO BFLY; VINE 3; THRU SIDE CLOSE;

- 9 {**Back Waltz**} LOP RLOD Bk L, bk R, cl L;
- 10 {**Back Face Close to BFLY**} LOP RLOD Bk R trn LF (W bk L trn RF), sd L, cl R to BFLY WALL;
- 11 {**Vine 3**} BFLY WALL Sd L, XRib (W XLib), sd L;
- 12 {**Thru Side Close**} BFLY WALL XRif (W XLif), sd L, cl R;

13-16 STEP SWING; SPIN MANEUVER; RIGHT TURN FC LOD; FWD WALTZ;

- 13 {**Step Swing**} BFLY WALL Sd & fwd L to OP LOD, swing R fwd toe pt dwn, bring R bk start RF trn (W bring L bk start LF spin);
- 14 {**Spin Maneuver**} Fwd R stg RF upper bdy trn, cont RF trn to fc RLOD sd L, cl R to CP RLOD (W stg LF spin in plc L, cont spin R, L to fc LOD);
- 15 {**Right Turn fc LOD**} CP RLOD Bk L trn RF, cont trn sd R, cl L to CP LOD (W fwd R trn RF, cont trn sd L, cl R);
- 16 {**Fwd Waltz**} CP LOD Fwd R, fwd L, cl R;

17-20 LEFT TURN FC RLOD; BACK WALTZ; 2 RIGHT TURNS FC WALL;;

- 17 {**Left Turn fc RLOD**} CP LOD Fwd L stg LF upper bdy trn, cont trn sd & bk R, cl L to CP RLOD (W bk R stg LF upper bdy trn, cont trn sd & fwd L, cl R);
- 18 {**Back Waltz**} CP LOD Bk R, bk L, cl R;
- 19-20 {**2 Right Turns fc WALL**} CP RLOD Bk L trn RF, cont trn sd R, cl L to CP DLC (W fwd R trn RF, cont trn sd L, cl R); Fwd R trn RF, cont trn sd L, cl R to CP WALL (W bk L trn RF, cont trn sd R, cl L);

PART B

1-4 **BOX;; LEFT TURN BOX 1/4 FC LOD; 1/2 BOX BACK SCAR;**

- 1-2 {**Box**} CP WALL Fwd L, sd R, cl L; Bk R, sd L, cl R;
- 3 {**Left Turning Box 1/4 fc LOD**} CP WALL Fwd L trn 1/4 LF, sd R, cl L to CP LOD;
- 4 {**Back 1/2 Box to SCAR**} CP LOD Bk R, sd L trn 1/8 RF, cl R to SCAR DLW;

5-8 **2 PROGRESSIVE TWINKLES;; PROGRESSIVE BOX;;**

- 5-6 {**2 Progressive Twinkles**} SCAR DLW XLif (W XRib), trn LF sd R, cl L to BJO DLC; XRif (W XLib), trn RF sd L, cl R to SCAR DLW;
- 7-8 {**Progressive Box**} Blend to CP LOD Fwd L, sd R, cl L; Fwd R, sd L, cl R;

9-12 **2 LEFT TURNS FC WALL;; BOX TO BFLY;;**

- 9-10 {**2 Left Turns fc WALL**} CP LOD Fwd L stg LF upper bdy trn, cont trn sd & bk R, cl L to CP DRC (W bk R stg LF upper bdy trn, cont trn sd & fwd L, cl R); Bk R stg LF upper bdy trn, cont trn sd & fwd L, cl R to CP WALL (W fwd L stg LF upper bdy trn, cont trn sd & bk R, cl L);
- 11-12 {**Box to BFLY**} CP WALL Fwd L, sd R, cl L; Bk R, sd L, cl R to BFLY WALL;

13-16 **SOLO LEFT TURNING BOX;;;:**

- 13-16 {**Solo Left Turning Box**} FC WALL Fwd L trn 1/4 LF, sd R, cl L (W bk R trn 1/4 LF, sd L, cl R) now R shldr to R shldr; Bk R trn 1/4 LF, sd L, cl R to bk to bk pos; Fwd L trn 1/4 LF, sd R, cl L now L shldr to L shldr; Bk R trn 1/4 LF, sd L, cl R to fc ptr;

ENDING

1-4 **TWISTY VINE 3; FWD FACE CLOSE; BALANCE FWD & BACK;;**

- 1 {**Twisty Vine 3**} CP WALL Sd L, XRib to SCAR (W XLif), sd L to CP WALL;
- 2 {**Forward Face Close**} XRif to BJO (W XLib), sd L, cl R to CP WALL;
- 3-4 {**Balance Fwd & Back**} CP LOD Fwd L, cl R, in plc L; Bk R, cl L, in plc R;

5 **DIP BACK & TWIST;**

- 5 {**Dip Back & Twist**} CP WALL Dip bk L (W dip fwd R) leave R extended fwd, twist bdy LF, -;

AAB A

	WAIT APART POINT	WAIT TOGETHER TOUCH TO BFLY
A	BALANCE LEFT & RIGHT TWIRL VINE 3 ---- WALTZ AWAY BACK WALTZ VINE 3 STEP SWING RIGHT TURN FC LOD LEFT TURN FC RLOD 2 RIGHT TURN FC WALL	---- THRU TWINKLE TWICE THRU FACE CLOSE TURN IN TO LOP BACK FACE CLOSE BFLY THRU SIDE CLOSE SPIN MANEUVER FWD WALTZ BACK WALTZ ----
B	BOX LEFT TURN BOX 1/4 FC LOD 2 PROGRESSIVE TWINLES PROGRESSIVE BOX 2 LEFT TURN FC WALL BOX TO BFLY SOLO LEFT TURNING BOX -----	---- BACK 1/2 BOX TO SCAR ---- ---- ---- ---- ---- ----
END	TWISTY VINE 3 BALANCE FWD & BACK DIP BACK & TWIST	FWD FACE CLOSE ----

2-13a BEN (ROSS)
(STANDARD INTRO BFLY WALL)