

BEN

Released: April 2019 **Revised April 2019 [Suggested Speed changed to 40.4 RPM]**
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Music: Ben Artist: Michael Jackson Album: Ben, Track 1
Available as a single download from www.Amazon.com
Time/Speed: Time @ BPM: 2:47 @ 138 [34.5 MPM] as downloaded
Suggested speed @ 40.4 RPM in DM = 124 BPM [31 MPM]
Footwork: Opposite unless indicated (Woman's footwork in parentheses)
Rhythm/Phase: Slow Two Step Phase 5+1 [Pull pass] + UP [The Square, Traveling Right Turn w/ Zig Zag 3, Horseshoe Turn ending, Alternating Passes, Passing Alternating Underarm Turns]
Sequence: INTRO A B C A END

MEAS:

INTRODUCTION

- 1-4** **LOW BFLY MAN FACING WALL LEAD FEET FREE WAIT 2 MEAS ; ; UNDERARM TURN LOW BFLY ; OPEN BREAK TO :**
1-2 Wait in Low BFLY ; Wait raising arms to BFLY ;
3 {UNDRM TRN LOW BFLY} Sd L raise lead hands, -, XRib of L, rec L WALL low BFLY (*W Sd R, commence RF trn, fwd & acrs L trng RF undr jnd lead hnds, fwd R cont RF trn to fc M COH low BFLY*) ;
4 {OP BRK} Sd R both hnds low, -, apt L, rec R w/ W to R (*W Sd L, -, apt R, rec L low dbl hnd hold fc COH*) ;
- 5-8** **WRAP & WHEEL AROUND TWICE TO COH ; ; UNWRAP WALL ; BASIC ENDING PICKING UP:**
5 {WRP & WHL ARND 2X TO COH} Fwd L, raising jnd lead hnds to wrp W, trng 1/4 RF to RLOD, comm RF whl fwd R, fwd L (*W Fwd R, trng 1/4 LF undr jnd lead hnds to WRPD RLOD, bk L, bk R*) ;
6 Cont RF whl fwd R, -, fwd L, fwd R (*W Bk L, -, bk R, bk L*) still in WRPD POS fcg approx DRC COH ;
7 {UNWRP TO WALL} Cont RF whl fwd L, raising lead hnds to lead W undr, fwd R, fwd L completing 2 full RF trns to BFLY WALL (*W Small bk R, -, bk L trng RF undr lead hnds, fwd R compl RF trn to BFLY COH*) ;
8 {BAS ENDG PICKING UP} Sd R, -, trng slightly LF XLib of R, rec R to fc LOD (*W Sd L trng slightly RF, -, XRib of L, rec L picking up to fc RLOD*) ;

PART A

- 1-4** **START TRIPLE TRAVELER ; ; HORSESHOE TURN ENDING ; OPEN BASIC :**
1 {START TRPL TRAVELER} Trng LF sd & fwd L to LOD, -, cont LF trn fwd & sd R raise joined lead hnds & release ptr from trailing arm, fwd & acrs L (*W Trng LF sd & bk R, -, cont LF trn fwd & sd L, fwd R cont trng LF undr joined lead hnds to fc M*) ;
2 Fwd & sd R, spiral 7/8 LF undr jnd lead hnds, fwd L comm to bring lead hnds down, fwd R cont to sweep lead hnds down & bk (*W Fwd & sd L shaping RF to M, -, fwd & acrs R, fwd & sd L*) ;
3 {HORSESHOE TRN ENDG} Raising jnd lead hnds bhd you fwd L twd LOD toeing in & shaping to ptr, -, curve wlk fwd R twd COH allowing W to pass insd undr jnd lead hnds, fwd L twd RLOD trng to fc ptr & WALL (*W Fwd R twd LOD toeing in & shaping to ptr, -, curve wlk fwd L twd WALL passing insd undr jnd lead hnds, fwd R twd RLOD trng to fc ptr & COH*) ;
4 {OP BAS} Sd R to 1/2 OP LOD, -, XLib of R, rec R to 1/2 OP LOD (*W Sd L to 1/2 OP LOD, -, XRib of L, rec L to 1/2 OP LOD*) ;
- 5-8** **MAN SWITCH ; OPEN BREAK ; CHANGE SIDES UNDERARM ; BASIC ENDING PICKING UP LOW BFLY ;**
5 {M SWCH} Xif of W fwd L chg sds & sharply trn RF place L arm arnd W, releasing R arm, fwd & sd R, fwd L to V-shape Left 1/2 OP LOD (*W Fwd R, -, fwd L, fwd R to V-shape Left 1/2 OP LOD*) ;
6 {OP BRK} Joining lead hnds sd R trng to fc ptr in LOP, -, bk L, rec R to LOP COH (*W Joining lead hnds sd L trng to fc ptr in LOP, -, bk R, rec L to LOP WALL*) ;
7 {CHG SDS UNDRM} Fwd L raising lead hnds lead W to trn LF undr jnd lead hnds, -, sd R trng to fc ptr & WALL, XLif to CP WALL (*W Fwd R trng LF undr lead hnds, -, sd L to fc ptr & COH, XRif to CP COH*) ;
8 {BAS ENDG PU LOW BFLY} Sd R, -, XLib of R, rec R trng 1/4 LF picking up W to low BFLY LOD (*W Sd L, -, XRib of L, rec L trng 1/4 LF Xif of M low BFLY RLOD*) ;
- 9-12** **TRAVELING CROSS CHASSE ; ALTERNATING PASSES THREE TIMES ; ; ;**
9 {TRAV X CHASSE} With hnds at waist level & elbows in fwd L trng slightly LF, -, sd & fwd R, XLif of R end low BFLY DLC (*W Bk R trng slightly LF, -, bk & sd L, XRif of L end low BFLY DRW*) ;
10 {ALTERNATING PASSES 3X} Trng RF fwd R LOD, -, fwd & sd L cont RF trn, XRib of L to low BFLY DRW (*W Trng RF sd & slightly bk L twd WALL, -, cont RF trn small sd & fwd R, cl L to R to low BFLY DLC*) ;
11 Trng RF sd & slightly bk L twd WALL leading W to pass by, -, cont RF trn sd & fwd R, **cl L to R** to end low BFLY M fcg DLC (*W Trng RF fwd R twd LOD, -, fwd & sd L cont RF trn, XRif of L to end low BFLY DRW*) ;
12 Trng RF fwd R LOD, -, fwd & sd L cont RF trn, XRib of L to end low BFLY DRW (*W Trng RF sd & slightly bk L twd WALL, -, cont RF trn small sd & fwd R, cl L to R to end low BFLY DLC*) ;

- 13-16** **PULL PASS ; BOTH STEP RONDE & VINE 2 ; CROSS CHECK RECOVER SIDE TO BFLY SCAR ; WHEEL TO WALL MAN IN 4 ;**
- SS (SQQ) 13 {**PULL PASS**} Bk L commence RF trn, -, sd & bk leading W to pass by on M's R sd to LOD, - (*W Fwd R, -, fwd L, fwd R to fc M*) ; **NOTE: Same foot for both thru meas 14 & 15**
- 14 {**BOTH STP RONDE & VIN 2**} Cl L, ronde R, XRib, sd L to BFLY WALL (*W Sd L, ronde R, XRib, sd L to BFLY COH*) ;
- 15 {**X CK REC SD TO BFLY SCAR**} XRif ckg, -, rec L, sd R to BFLY SCAR DLW (*W XRif ckg, -, rec L, sd R BFLY SCAR DRC*) ;
- QQQQ (SQQ) 16 {**WHL TO WALL M IN 4**} LF wheel fwd L, fwd R, fwd L, cl R BFLY WALL (*W LF wheel fwd L, -, fwd R, fwd L to BFLY COH*) ; **NOTE: Opposite feet free**
- 17-20** **LUNGE BASIC WITH INSIDE ROLL ; BASIC ENDING ; TRAVELING RIGHT TURN ; WITH ZIG ZAG 3 ;**
- 17 {**LUN BAS W/ INSD ROLL**} Lun sd L ckg W with R hnd on W's R sd, -, rec sd R lead W LF undrm roll, XLif to CP WALL (*W Lun sd R ckg, -, rec fwd L twd RLOD LF insd undrm roll, bk R to CP COH*) ;
- 18 {**BAS ENDG**} Sd R, -, XLib of R, rec R comm RF trn (*W Sd L, -, XRib of L, rec L comm RF trn*) ;
- 19 {**TRAV R TRN**} Continue trng RF Xif of W sd & bk L to fc RLOD, -, XRib of L pressure weight, twist trn 5/8 RF on both feet to fc DLW & shift full wgt bk to L to end CONTRA BJO DLW (*W Fwd R LOD between M's feet, -, continue RF trn arnd M fwd L twd WALL, fwd R twd RLOD ckg to end CONTRA BJO DRC*) ;
- 20 {**W/ ZIG ZAG 3**} Fwd R twd LOD outsd ptr trng RF, -, cont RF trn sd L, bk R to SCAR DRW (*W Bk L twd DLW outsd ptr trng RF, -, cont RF trn sd R, fwd L to SCAR DLC*) ;

PART B

- 1-4** **START TRIPLE TRAVELER ; ; BOTH ROLL IN TO FACE ; OPEN BASIC ;**
- 1 {**START TRPL TRAVELER**} Trng LF sd & fwd L twd LOD, -, cont LF trn, fwd & sd R raise jnd lead hnds & release ptr from trailing arm, fwd & acrs L (*W Trng LF sd & bk R, -, cont LF trn, fwd & sd L, fwd R cont trng LF undr jnd lead hnds to fc M*) ;
- 2 Fwd & sd R, spiral 7/8 LF under jnd lead hnds, fwd L commence to bring lead hnds down, fwd R cont to sweep lead hnds down & bk (*W Fwd & sd L shaping RF to M, -, fwd & acrs R, fwd & sd L*) ;
- 3 {**BOTH ROLL IN TO FC**} Fwd L bringing joined hnds down & bk, release hnds comm LF trn, fwd & sd R trng LF, cont LF trn sd & fwd L trng to fc COH (*W Fwd R, release hnds comm RF trn, fwd & sd L, cont RF trn sd & fwd L trng to fc WALL*) ;
- 4 {**OP BAS**} Sd R to 1/2 OP RLOD, -, XLib of R, rec R to 1/2 OP RLOD (*W Sd L to 1/2 OP RLOD, -, XRib of L, rec L to 1/2 OP RLOD*) ;
- 5-8** **TWICE ; LADY SWITCH ; SIDE BASIC ; SWEETHEART WRAP LADY IN TWO ;**
- 5 {**OP BAS**} Sd L to Left 1/2 OP LOD, -, XRib of L, rec L to Left 1/2 OP LOD (*W Sd R to Left 1/2 OP LOD, -, XLib of R, rec R to Left 1/2 OP LOD*) ;
- 6 {**LADY SWCH**} Fwd R, -, fwd L, fwd R to V-shape 1/2 OP LOD (*W Xif of M fwd L chg sds & sharply trn RF place L arm arnd M, releasing R arm, fwd & sd R, fwd L to V-shape 1/2 OP LOD*) ;
- 7 {**SD BAS**} Blend to BFLY WALL sd L, -, XRib of L, rec L (*W Blend BFLY COH sd R, -, XLib of R, rec R*) ;
- SQQ (SS) 8 {**SWHRT WRP LADY IN 2**} Sd R, -, raise lead hnds leading W to trn undr to WRP POS XLib of R, rec R to fc LOD (*W Sd L, -, comm LF trn undr lead hnds XRif of L, cont LF trn to WRP POS LOD with L foot free*) ;
- 9-12** **LEFT FOOT SWEETHEART RUN 6 ; ; SWEETHEART SWITCH ; LADY ACROSS BOTH FACE WALL ;**
- 9 {**SWHRT RUN**} Both L foot free fwd L, -, fwd R, fwd L WRPD LOD (*W Fwd L, -, fwd R, fwd L WRPD LOD*) ;
- 10 {**SWHRT RUN**} Fwd R, -, fwd L, fwd R to WRPD LOD (*W Fwd R, -, fwd L, fwd R to WRPD LOD*) ;
- 11 {**SWHRT SWCH**} Fwd & sd L across W trn sharply RF to fc LOD W on L sd, -, fwd R, fwd L to Left WRPD LOD (*W Trn sharply RF sd & bk L to Left WRPD pos to fc LOD, -, fwd R, fwd L to Left WRPD LOD*) ;
- 12 {**LADY ACRS BOTH FC WALL**} Fwd R small stp moving W across body, -, fwd L, fwd R trng RF to WRPD WALL (*W Fwd R across M, -, fwd L, fwd R trng RF to WRPD WALL*) ;
- 13-16** **SHADOW BASIC LADY CARESS ; TWICE ; SOLO ROLL LEFT MAN IN 2 BFLY ; SIDE DRAW CLOSE ;**
- 13 {**SHDW BAS LADY CARESS**} Releasing wrp pos & placing hnds on W's waist sd L, -, XRib, rec L (*W Sd L shaping to use R hnd to caress M's face, -, XRib, rec L*) ;
- 14 {**SHDW BAS LADY CARESS**} Sd R keeping hnds on W's waist, -, XLib, rec R (*W Sd R shaping to use L hnd to caress M's face, -, XLib, rec R*) ;
- SS (SQQ) 15 {**SOLO ROLL L M IN 2 BFLY**} Point toe DLW sd L, trng LF 1/2 to fc COH, sd R, cont LF trn to BFLY WALL (*W Point toe DLW sd L, trng LF 1/2 to COH, sd R cont LF trn to WALL, sd L cont LF to BFLY COH*) ;
- SS 16 {**SD DRAW CL**} Sd L, -, draw R to L, cl R (*W Sd R, -, draw L to R, cl L*) ;
- 17-20** **TWISTY BASIC TWICE ; ; UNDERARM TURN TO HANDSHAKE ; OPEN BREAK RIGHT OVER LEFT ;**
- 17 {**TWSTY BAS**} Trng 1/8 RF sd L, -, XRib, rec L BFLY WALL (*W Trng 1/8 RF sd R, -, XLif, rec R BFLY WALL*) ;

- 18 Trng 1/8 LF sd R, -, XLib, rec R BFLY WALL (*W Trng 1/8 LF sd L, -, XRif, rec L BFLY WALL*) ;
 19 {**UNDRM TRN TO HNDSHK**} Sd L raise R hnds, -, XRib of L leading W to trn RF, rec L to HNDSHK WALL (*W Sd R trng RF, -, fwd & across L trng RF undr jnd R hnds trng 1/2, fwd R comp trn to HNDSHK COH*) ;
 20 {**OP BRK R OVR L**} HNDSHK Sd R joining L hnds under R hnds, -, apt L, sd & fwd R, to offset ptr with W to M's L sd STACKED HNDS fcg WALL (*W Sd L joining L hnds under R hnds, -, apt R, rec L fcg COH*) ;

PART C

- 1-4** **PASSING ALTERNATING UNDERARM TURNS ; ; TWICE ; WITH CROSS CHASSE ENDING ;**
 1 {**PASSING ALTERNATING UNDRM TRNS**} Fwd L twd WALL raising R hnds, -, fwd & sd R twd WALL trng LF raising L hnds & lowering R hnds, rec L cont LF trn undr jnd L hnds (*W Fwd R twd COH commence trng RF under jnd R hnds, -, fwd & sd L twd COH trng RF undr jnd L hnds, rec R cont RF trn*) ;
 2 Bk & sd R twd COH taking R hnd over M's head, -, apt L, rec R keeping both hnds jnd in stacked hnds WALL (*W Bk & sd L twd WALL, -, apt R, rec L keeping both hnds jnd in stacked hnds COH*) ;
 3 {**PASSING ALTERNATING UNDRM TRNS**} Fwd L twd WALL raising R hnds, -, fwd & sd R twd WALL trng LF raising L hnds & lowering R hnds, rec L cont LF trn undr jnd L hnds (*W Fwd R twd COH commence trng RF under jnd R hnds, -, fwd & sd L twd COH trng RF undr jnd L hnds, rec R cont RF trn*) ;
 4 {**W/ X CHASSE ENDING**} Bk & sd R twd COH taking R hnds ovr M's head, -, sd L to LOD, XRif of L end fcg WALL (*W Bk & sd L twd WALL, -, sd R to LOD, XLif of R end fcg COH*) both hnds jnd R over L ;
- 5-8** **CROSS HAND UNDERARM TURN ; LARIAT 6 MAN FACE COH LADY SPIRAL ON 3 ; MAN CLOSE & FACE WALL ; BASIC ENDING ;**
 5 {**X HND UNDRM TRN**} Keep hnds jnd throughout sd L, -, XRib of L taking R arm ovr W's head, rec L taking L arm ovr W's head (*W Sd R, -, fwd & acrs L trng RF first undr jnd R hnds, then L hnds fwd R cont RF trn*) ;
 6 {**LRT 6 M FC COH LADY SPIRAL ON 3**} Fwd R twd WALL undr jnd L hnds trn 1/2 LF immediately raising R hnds & starting to lower L hnds, -, sd & slightly bk L, rec R taking L hnds high leading W to spiral & R hnds low (*W Sd & fwd L, -, circling arnd M fwd R, fwd L/spiral 7/8 RF*) to end M fcg COH & W to M's R sd ;
 7 {**M CL & FC WALL**} Cl L to R, -, fwd R twd COH trng 1/2 LF first undr jnd L hnds, then R hnds rec L to CP WALL (*W Cont circling arnd M fwd R, -, fwd L, fwd R trng RF to fc M to CP COH*) ;
 8 {**BAS ENDG**} Sd R, -, XLib, rec R to CP WALL (*W Sd L, -, XRib, sd L to CP COH*) ;
- 9-12** **OPEN BASIC ; LADY SWITCH ; MAN SWITCH ; OPEN BASIC ;**
 9 {**OP BAS**} Sd L to Left 1/2 OP RLOD, -, XRib of L, rec L to Left 1/2 OP RLOD (*W Sd R to Left 1/2 OP RLOD, -, XLib of R, rec R to Left 1/2 OP RLOD*) ;
 10 {**LADY SWCH**} Fwd R, -, fwd L, fwd R to V-shape 1/2 OP RLOD (*W Xif of M fwd L chg sds & sharply trn RF place L arm arnd M, releasing R arm, fwd & sd R, fwd L to V-shape 1/2 OP RLOD*) ;
 11 {**M SWCH**} Xif of W fwd L chg sds & sharply trn RF place L arm arnd W, releasing R arm, fwd & sd R, fwd L to V-shape Left 1/2 OP RLOD (*W Fwd R, -, fwd L, fwd R to V-shape Left 1/2 OP RLOD*) ;
 12 {**OP BAS**} Sd R to 1/2 OP LOD, -, XLib of R, rec R to 1/2 OP LOD (*W Sd L to 1/2 OP LOD, -, XRib of L, rec L to 1/2 OP LOD*) ;
- 13-16** **THE SQUARE ; ; PICKING UP ;**
 13 {**THE SQUARE**} Like a swch M Xif of W sd L, -, trn RF to stp sd R twd COH in 1/2 OP, XLif of R (*W Fwd R, -, sd L twd COH, XRif of L start to Xif of M*) ;
 14 Fwd R, -, sd L twd RLOD, XRif of L start to Xif of W (*W Like a swch Xif of M sd L, -, trn RF to stp sd R twd RLOD in 1/2 OP, XLif of R*) ;
 15 Like a swch M Xif of W sd L, -, trn RF to stp sd R twd WALL in 1/2 OP, XLif of R (*W Fwd R, -, sd L twd WALL, XRif of L start to Xif of M*) ;
 16 Fwd R, -, sd L twd LOD, XRif of L picking up W to LOD (*W Like a swch Xif of M sd L, -, trn RF to stp sd R twd LOD, XLif of R picking up to RLOD*) ;

PART A

- 1-4** **START TRIPLE TRAVELER ; ; HORSESHOE TURN ENDING ; OPEN BASIC ;**
 1-4 Same as Part A Meas 1 – 4 ; ; ; ;
- 5-8** **MAN SWITCH ; OPEN BREAK ; CHANGE SIDES UNDERARM ; BASIC ENDING PICKING UP LOW BFLY ;**
 5-8 Same as Part A Meas 5 – 8 ; ; ; ;
- 9-12** **TRAVELING CROSS CHASSE ; ALTERNATING PASSES 3 TIMES ; ; ;**
 9-12 Same as Part A Meas 9 – 12 ; ; ; ;
- 13-16** **PULL PASS ; BOTH STEP RONDE & VINE 2 ; CROSS CHECK RECOVER SIDE TO BFLY SCAR ; WHEEL TO WALL MAN IN 4 ;**
 13-16 Same as Part A Meas 13 – 16 ; ; ; ;

17-20 **LUNGE BASIC WITH INSIDE ROLL ; BASIC ENDING ; TRAVELING RIGHT TURN ; WITH ZIG ZAG 3 ;**

17-18 Same as Part A Meas 17 – 20 ; ; ;

END**1-4** **LUNGE BASIC WITH INSIDE ROLL TO HANDSHAKE ; OPEN BREAK RIGHT OVER LEFT ; PASSING ALTERNATING UNDERARM TURNS ; ;**

- 1 {LUN BAS W/ INSD ROLL TO HNDSHK} Lun sd L ckg W with R hnd bhd W's bk on W's R sd, -, rec sd R lead W LF undrm roll, XLif changing to R HNDSHK WALL (*W Lun sd R ckg, -, rec fwd L twd RLOD LF undrm roll, bk R to fc ptr R HNDSHK COH*) ;
- 2 {OP BRK R OVR L} Sd R joining L hnds undr R hnds, -, apt L, sd & fwd R to offset w/ ptr W to M's L sd stacked hnds WALL (*W Sd L joining L hnds undr R hnds, -, apt R, rec L stacked hnds COH*) ;
- 3 {PASSING ALTERNATING UNDRM TRNS} Fwd L twd WALL raising R hnds, -, fwd & sd R twd WALL trng LF raising L hnds & lowering R hnds, rec L cont LF trn undr jnd L hnds (*W Fwd R twd COH commence trng RF under jnd R hnds, -, fwd & sd L twd COH trng RF undr jnd L hnds, rec R cont RF trn*) ;
- 4 Bk & sd R twd COH taking R hnd ovr M's head, -, apt L, rec R keeping both hnds jnd in stacked hnds WALL (*W Bk & sd L twd WALL, -, apt R, rec L keeping both hnds jnd in stacked hnds COH*) ;

5-7 **PASSING ALTERNATING UNDERARM TURN 2 SLOW TO SIT LINE ; & HOLD; SLOWLY RAISE LEFT ARMS ;**

- SS 5 {PASSING ALTERNATING UNDERARM TRN 2 SLOW TO SIT LINE} Fwd L twd WALL raising R hnds, -, fwd & sd R twd WALL trng LF raising L hnds & lowering R hnds, bending R knee to a Sit Line keep L leg straight (*W Fwd R twd COH commence trng RF under jnd R hnds, -, fwd & sd L twd COH trng RF undr jnd L hnds lower hnds, bending L knee to a Sit Line keep R leg straight*) ;
- 6 {& HOLD} Hold, -, keep R HNDSHK & release L hnd, - (*W Hold, -, keep R HNDSHK & release L hnd, -*) ;
- 7 {SLOWLY RAISE L ARMS} Both slowly raise L arm straight up past ear palm out, -, -, - ;

QK CUES

INTRO Low BFLY MAN FCG WALL LEAD FEET FREE WAIT 2 MEAS ; ; UNDERARM TURN LOW BFLY ; OPEN BREAK TO ; WRAP & WHEEL AROUND TWICE TO COH ; ; UNWRAP TO WALL ; BASIC ENDING PICKING UP ;

PART A START TRIPLE TRAVELER ; ; HORSESHOE TURN ENDING ; OPEN BASIC ; MAN SWITCH ; OPEN BREAK ; CHANGE SIDES UNDERARM ; BASIC ENDING PU LOW BFLY ; TRAVELING CROSS CHASSE ; ALTERNATING PASSES 3 TIMES ; ; ; PULL PASS ; BOTH STEP RONDE & VIN 2 ; X CK RECOVER SD BFLY SCAR ; WHEEL TO WALL MAN IN 4 ; LUNGE BASIC WITH INSIDE ROLL ; BASIC ENDING ; TRAVELING RIGHT TURN ; WITH ZIG ZAG 3 ;

PART B START TRIPLE TRAVELER ; ; BOTH ROLL IN TO FACE ; OPEN BASIC ; TWICE ; LADY SWITCH ; SIDE BASIC ; SWEETHEART WRAP LADY IN 2 ; L FOOT SWEETHEART RUN 6 ; ; SWEETHEART SWITCH ; LADY ACROSS BOTH FACE WALL ; SHADOW BASIC LADY CARESS ; TWICE ; SOLO ROLL LEFT MAN IN 2 BFLY ; SIDE DRAW CLOSE ; TWISTY BASIC ; ; UNDERARM TURN TO HANDSHAKE ; OPEN BREAK RIGHT OVER LEFT ;

PART C PASSING ALTERNATING UNDERARM TURNS ; ; TWICE ; WITH CROSS CHASSE ENDING ; X HND UNDERARM TURN ; LRT 6 MAN FC COH LADY SPIRAL ON 3 ; MAN CLOSE & FACE WALL ; BAS ENDG ; OPEN BASIC ; LADY SWITCH ; MAN SWITCH ; OPEN BASIC ; THE SQUARE ; ; ; PICKING UP ;

PART A START TRIPLE TRAVELER ; ; HORSESHOE TURN ENDING ; OPEN BASIC ; MAN SWITCH ; OPEN BREAK ; CHANGE SIDES UNDERARM ; BASIC ENDING PU LOW BFLY ; TRAVELING CROSS CHASSE ; ALTERNATING PASSES 3 TIMES ; ; ; PULL PASS ; BOTH STEP RONDE & VIN 2 ; X CK RECOVER SD BFLY SCAR ; WHEEL TO WALL MAN IN 4 ; LUNGE BASIC WITH INSIDE ROLL ; BASIC ENDING ; TRAVELING RIGHT TURN ; WITH ZIG ZAG 3 ;

END LUNGE BASIC WITH INSIDE ROLL TO HANDSHAKE ; OPEN BREAK RIGHT OVER LEFT ; PASSING ALTERNATING UNDERARM TURNS ; ; PASSING ALTERNATING UNDERARM TURN 2 SLO TO SIT LINE ; & HOLD ; SLOWLY RAISE LEFT ARMS ;