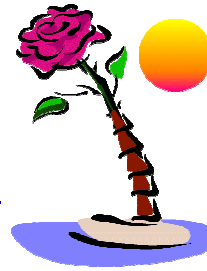


Bend It

Music by: Dave Dee, Dozy, Beaky, Mick & Tich
(CD PUB Classics)
Speed: 47-120 bars (= basics) per minute
Choreo by: Bernd Flühr, 2003, berndfluehr@web.de



Easy Intermediate
LINE DANCE

time: 2:30

Sequence: **A A B A A* End**

Wait 8 beats

A: 0:05 0:30 1:33

2 Step Heel	S H(xif)	S H(xif)	snap fingers on heel
	L R	R L	
	1 2	3 4	

Triple	DS DS(xif)	DS RS	move to the left
	L R	L RL	clap hands on RS
	&1 &2	&3 &4	

Repeat "2 Step Heel, Triple Side" **opposite footwork, triple to the R**

2 DS & Hop	DS Hop DS Hop	clap hands on Hop
	L L R R	
	&1 2 &3 4	

Triple Forward	DS DS DS RS	move forward
	L R L RL	
	&1 &2 &3 &4	

Repeat 2 DS & Hop, Triple, **opposite footwork, Triple backward**

2 Grandpa	DS TCH(iff)	H TCH(ots)	H TCH(ib)	H	alternate feet
	L R	L R	L R	L	
	&1 &	2 &	3 &	4	

4 Toe Heel	T H T H T H T H	turn 1/2 left
	L L R R L L R R	
	& 1 & 2 & 3 & 4	

B: 0:53

4 Hop Cross Touch	Hop TCH(xif)	Hop TCH(xif)
	R-L R	L-R L
	1 2	3 4

2 Basic	DS RS DS RS	turn 1/4 left on 2nd RS
	L RL R LR	
	&1 &2 &3 &4	

Triple Turn	DS DS DS RS	turn 1/4 left
	L R L RL	
	&1 &2 &3 &4	

Joey	DS BA(xib)	BA(s)	BA(s)	BA(xib)	BA(s)	S
	R L	R	L	R	L	R
	&1 &	2	&	3	&	4

continue page 2

Bend It

Mountain Basic STO DT UP/H DS RS
 L R R L R LR
 1 & 2 &3 &4

Repeat 2 times Triple Turn, Joey,
 Mountain Basic, **last RS hands on shoulders**

2 Step Kicks, S KK S KK S RS RS RS
Step Push Off L R R L L RL RL RL
 1 2 3 4 5 &6 &7 &8

4 Step Kicks, Step Push Off **opposite footwork**
8 Step Kicks
4 Toe Heels (**arms up** on 1, 2 **and down** on 3, 4)

A*: 1:57-----

Break hands on hips, look over your left shoulder and smile

2 Step Heel S H(xif) S H(xif) **snap fingers on H**
 L R R L
 1 2 3 4

Triple DS DS(xif) DS RS **move to the left**
 L R L RL **clap hands on RS**
 &1 &2 &3 &4

Repeat "2 Step Heel, Triple Side" **opposite footwork, Triple to the right**

2 DS & Hop DS Hop DS Hop **clap hands on Hop**
 L L R R
 &1 2 &3 4

Triple Forward DS DS DS RS **move forward**
 L R L RL
 &1 &2 &3 &4

Repeat 2 DS & Hop, Triple, **opposite footwork, Triple backward**

2 Grandpa DS TCH(if) H TCH(ots) H TCH(ib) H **alternate feet**
 L R L R L R L
 &1 & 2 & 3 & 4

4 Shuffle DR SL DR SL DR SL DR SL **turn 1/2 left**
 LR LR LR LR LR LR LR LR **last DR SL hands on shoulders**
 1 2 3 4 5 6 7 8

End 2:19-----

12 Step Kick S KK **alternate feet, move forward**
 L R
 1 2

Kneel kneel on left knee