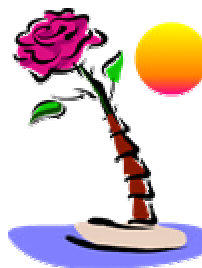


# Bend It



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](mailto: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)	snap fingers on heel
L&R	L R	
	1 2	

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	clap hands on Hop
L&R	L L	
	&1 2	

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

**B:** 0:53-----

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

2 Basic	DS RS	turn 1/4 left on 2 <sup>nd</sup> RS
L&R	L RL	
	&1 &2	

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

# 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  
                         L R  
                         1 2

Step Push Off      S RS RS RS  
                         L RL RL RL  
                         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)                      **snap fingers on H**  
                         L R  
                         1 2

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                      **clap hands on Hop**  
                         L L  
                         &1 2

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                      **turn 1/2 left**  
                         LR LR                      **last DR SL hands on shoulders**  
                         1 2

**End** 2:19-----

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

Kneel              kneel on left knee