

## Learning How To Bend

32 Count, 4 Wall, Intermediate, Cha Cha  
Choreographer: Gaye Teather (UK) Oct 2008  
Choreographed to: Learning How To Bend by Gary  
Allan, CD: Living Hard

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Start dancing on lyrics

### **CROSS, SIDE ROCK, BEHIND, SIDE, CROSS ROCK, ¼ 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 ¼ 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 ½ TURN RIGHT, STEP, FULL TURN LEFT, STEP, PIVOT ¼ TURN LEFT**

- 2-4 Step left forward, turn ½ right (weight to right), step left forward
- 5-6 Turn ½ left and step right back, turn ½ left and step left forward
- 7-8 Step right forward, turn ¼ left (weight to left, facing 6:00)  
Option: steps 5-6 above can be replaced with 2 walks forward right, left

### **C ROSS ROCK, CHASSE RIGHT, BACK ROCK, ¼ 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 ¼ left and step left forward, step right together, step left forward (facing 3:00)

### **FORWARD ROCK, ½ TURN RIGHT, CHASSE LEFT, BACK ROCK, KICK-BALL-(CROSS)**

- 1-3 Rock right forward, recover onto left, turn ½ 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

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Music download available from iTunes