



Web site: www.linedancerweb.com

E-mail: admin@linedancerweb.com

Bent & Bound

36 Count, 0 Wall, Beginner

Choreographer: Irene Otello (IT) May 2017

Choreographed to: Hell Bent And Heaven Bound
by Buddy Jewell

Section 1: Step, Scuff, ¼ Turn Left Step, Scuff, Jazz Box

1-2 step right to side, scuff left beside right
3-4 ¼ turn left step left fwd, scuff right beside left
5-6 Step right cross over left, step right back
7-8 Step right to right side, step left beside right

Section 2: Step Lock Step Scuff Right And Left

1-2 Step right foot fwd, Lock left foot behind right
3-4 Step fwd right foot, Scuff left foot fwd
5-6 Step left foot forward, Lock right foot behind right
7-8 Step fwd left foot, Scuff right foot fwd

Section 3: Weave Right Twice

1-2 Step R To right Side, Cross L Behind right
3-4 Step R To right Side, Cross L Over right (weight on left)
5-6 Step R To right Side, Cross L Behind right
7-8 Step R To right Side, Cross L Over right (weight on left)

Section 4: Heel Switches ¼ Turn Left, Jazz Box Right

1-2 heel right fwd, step right together
3-4 ¼ turn left heel left fwd, step left together (weight on left)
5-6 Step right cross over left, step right back
7-8 Step right to right side, step left in place

Section 5: Swivel R Heel Toe, Stomp Up Twice

1-2 Swivel R Foot To Left (Heel, toe)
3-4 stomp up right x2

Restart: After 32 Count Of The 5th And 10th Repetition, Restart The Dance Again
