# She Bangs (碰碰撞撞) (zh)

**Count:** 64 **Wand:** 4 **Ebene:** Intermediate
**Choreograf/in:** Hillbilly Rick (USA)
**Musik:** She Bangs - Ricky Martin

**第一段** **(Right) Modified Vine, Side Shuffle, (Left) Kick-Ball Change**
**右修正華倫步, 側交換, 左踢交換**

1 Right - Step To Side 右足右踏

2 Left - Cross Step Behind Right Foot 拖左足於右足後交叉踏

3 Right - Step To Side 右足右踏

4 Left - Cross Step Behind Right Foot 拖左足於右足後交叉踏

5&6 Right Step To Side，Left Step Together，Right Step To Side
右足右踏, 左足併踏, 右足右踏

7&8 Left Kick Forward， Left Land On (Ball Of) Foot, While Slightly Lifting Left Foot Off Floor，Right - Lower Foot Back To Floor
左足前踢, 左足踏, 右足踏

**第二段** **(Left) Modified Vine, Side Shuffle, (Right) Kick-Ball Change**
**左修正華倫步, 側交換, 右踢交換**

1 Left - Step To Side 左足左踏

2 Right - Cross Step Behind Left Foot 拖右足於左足後交叉踏

3 Left - Step To Side 左足左踏

4 Right - Cross Step Behind Left Foot 拖右足於左足後交叉踏

5&6 Left Step To Side，Right Step Together，Left Step To Side
左足左踏, 右足併踏, 左足左踏(Shuffle)

7&8 Right Kick Forward，Right - Land On (Ball Of) Foot, While Slightly Lifting Left Foot Off Floor，Left Lower Foot Back To Floor
右足前踢, 右足踏, 左足踏

**第三段** **Walk Forward, Shuffle Forward, Forward Rock-Recover**
**前走步, 前交換, 前下沉-回復**

1-4 Right - Step Forward，Left - Step Forward，Right - Step Forward，Left - Step Forward
右足前踏, 左足前踏, 右足前踏, 左足前踏

5&6 Right Step Forward，Left Step Together，Right Step Forward
右足前踏, 左足併踏, 右足前踏(Shuffle)

7-8 Left - Step (Rock) Forward, While Slightly Lifting Right Foot Off Floor；Right - Lower Foot Back To Floor (Recover)
左足前下沉(右足略離地), 右足回復

**第四段** **Angle Step Locks Back, Shuffle Back, Back Rock-Recover**
**弓步後下沉, 後交換, 後下沉-回復**

1 Left - Step Back At An Angle 左足弓步後踏

2 Right - Step Back, Bringing Foot Across Left Foot (Ankle Lock)
右足後踏(於左足前鎖步)

3 Left - Step Back At An Angle 左足弓步後踏

4 Right - Step Back, Bringing Foot Across Left Foot (Ankle Lock)
右足後踏(於左足前鎖步)

5&6 Left Step Backward，Right Step Together，Left Step Backward
左足後踏, 右足併踏, 左足後踏(後Shuffle)
Note: On Counts 5&6 Shuffle Diagonally Backwards, Towards 7 O'clock As With The Step Locks Back.
注意:向7點鐘方向斜角線後鎖步

7-8 Right - Step (Rock) Backward, While Slightly Lifting Left Foot Off Floor；Left - Lower Foot Back To Floor (Recover)
右足後下沉(左足略離地), 左足回復

**第五段 Side Step, Cross Behind, Side Shuffle (Right), Cross Rock-Recover, Side Shuffle(Left)**
**側踏, 後交叉, 右交換, 交叉下沉-回復, 左交換**

1-2 Right - Step To Side，Left - Cross Step Behind Right Foot
右足右踏, 左足於右足後交叉踏

3&4 Right Step To Side，Left Step Together，Right - Step To Side
右足右踏, 左足併踏, 右足右踏(Shuffle)

5-6 Left - Cross Step (Rock) In Front Of Right Foot, While Slightly Lifting Left Foot Off Floor；Right - Lower Foot Back To Floor (Recover)
左足於右足前交叉下沉, 右足回復

7&8 Left Step To Side，Right Step Together，Left Step To Side
左足左踏, 右足併踏, 左足左踏(Shuffle)

**第六段 Stomp Forward, Hold, 1/4 Turn (Left), Hold, (Left) Sailor Step, (Right) Sailor Step W/1/4 Turn (Right)**
**前重踏, 候, 左轉1/4, 候, 左水手步, 右轉1/4水手步**

1-2 Right - Stomp Forward；Hold For 1 Beat 右足前重踏, 候

3-4 Pivot On (Balls Of) Both Feet, 1/4 Turn Left (Shifting Weight To Right Foot)； Hold For 1 Beat 左轉90度(重心在右足), 候

5&6 Left Cross Step Behind Right Foot，Right Step Slightly Out To Side，Left Step Slightly Out To Side
左足於右足後交叉踏, 右足右踏, 左足左踏

7&8 Right - Turning 1/4 Turn Right, Cross Step Behind Left Foot，Left Step Slightly Out To Side，Right Step Slightly Out To Side
右轉90度右足於左足後交叉踏, 左足左踏, 右足右踏

**第七段 Forward Rock-Recover, Coaster Step (Twice)**
**前下沉-回復, 海岸步(二次)**

1-2 Left Step (Rock) Forward, While Slightly Lifting Right Foot Off Floor；Right Lower Foot Back To Floor (Recover)
左足前下沉(右足略離地), 左足回復

3&4 Left - Step Back On (Ball Of) Foot，Right - Step Together On (Ball Of) Foot，Left - Step Forward
左足後踏, 右足併踏, 左足前踏(後-旁-前)

5-6 Right - Step (Rock) Forward, While Slightly Lifting Left Foot Off Floor；Left - Lower Foot Back To Floor (Recover)
右足前下沉(左足略離地), 右足回復

7&8 Right - Step Back On (Ball Of) Foot，Left - Step Together On (Ball Of) Foot，Right - Step Forward
右足後踏, 左足併踏, 右足前踏(後-旁-前)

**第八段 Angle Step Locks Forward, Shuffle Forward,1/4 Turn (Left), Bump, Bump**
**弓踏前鎖步, 前交換, 左轉1/4, 擺臀, 擺臀**

1-2 Left - Step At An Angle Forward；Right - Step Forward, Bringing Foot Behind Left Foot (Ankle Lock)
左足弓步前踏, 右足於左足後鎖步

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| 3-4 | Left - Step At An Angle Forward；Right - Step Forward, Bringing Foot Behind Left Foot (Ankle Lock)<br>左足弓步前踏, 右足於左足後鎖步 |
| 5&6 | Left - Step Forward，Right - Step Together，Left - Step Forward<br>左足前踏, 右足併踏, 左足前踏(Shuffle)<br>Note: On Counts 5&6 Shuffle Diagonally Forward Towards 11 O'clock, As Well As With The Step Locks Forward<br>注意:面向11點鐘斜角線前鎖步 |
| 7-8 | Right - Turning 1/4 Turn Left, Step To Side While Bumping Right Hip To Right；Left - Shift Weight To Foot And Bump Left Hip To Left<br>左轉90度右足右踏右擺臀, 重心回左足左擺臀 |

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