

She Bangs

Count: 32

Wand: 4

Ebene: Improver

Choreograf/in: Ita Mell (INA), Indra Abdurrahman (INA), Nera (INA) & Risda (INA) - March 2024

Musik: She Bangs (Cha-Cha) - Tony Evans Dancebeat Studio Band



Tag 8 count After Wall 5

Tag 2 count after 8 count on wall 13 and restart

I. SIDE, ROCK BACK, LOCK SHUFFLE FORWARD, ROCK FORWARD, ½ TURN L SHUFFLE FORWARD, TOGETHER.

- 1-2 Step Lf To Left Side, Rock Rf Back, Recover On Left.
- 4&5 Step Rf Forward, Step Lf Behind Rf, Step Rf Forward.
- 6-7 Rock Rf Forward, Recover On Rf.
- 8 & ½ Turn L Step Lf To Left Side, Step Rf Next To Lf.

II. FORWARD, SIDE, CROSSAFEL, SIDE, CROSSAFEL.

- 1 Step Rf Forward
- 2-3 Step Rf Side On Left, Step Lf Recover
- 4&5 Cross Rf Over Lf, Step To Lf, Cross Rf Over Lf
- 6-7 Step Lf To Side On Left, Step Rf Recover
- 8& Cross Lf Over, Step Rf To R

III. CROSS, RIGHT MAMBO, LEFT MAMBO, FORWARD MAMBO, COASTER STEP.

- 1 Cross Lf To Rf
- 2&3 Rock Rf To R, Recover On Lf, Step Rf Beside Lf.
- 4&5 Rock Lf To L, Recover On Rf, Step Rf Beside Lf.
- 6&7 Rock Rf Forward, Recover On Lf, Step Rf Beside Lf.
- 8& Step Rf Back, Step Lf Beside Rf.

IV. FORWARD, ½ TURN COASTER STEP, TOU TOUCH, SIDE, ½ TURN SAILOR STEP.

- 1 Step Forward
 - 2.3 Step Rf Forward, Lf Forward
 - 4&5 Cross Step Rf Behind Lf, Step Lf To L, Step Rf To R.
 - 6.7 Lf Touch Forward, Lf Touch Side To Left.
 - 8& ½ Step Lf Beside Rf, Cross Rf Over Lf
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