Shake Your Bon Bon



Count: 48 Wand: 4 Ebene: Intermediate/Advanced

Choreograf/in: Michelle Hatton (UK)

Musik: Shake Your Bon-Bon - Ricky Martin



BOTAFOGOS TWICE

1 Step left forward and across right

&2 Step ball of right to right side, step left in place

3 Step right forward and across left

&4 Step ball of left to left side, step right in place

VOLTA SPOT TURN LEFT, SIDE STEP WITH HIP BUMPS

5 Cross left in front of right turning left

& Step right to side and slightly forward turning left

6 Cross left in front of right completing one whole turn left

Try using a swiveling action keeping the ball of the left in contact with the floor

7-8 Step right to right side bumping hips to right twice, (with finger clicks)

TRAVELING VOLTA RIGHT, TOE SWITCHES, 1/4 TURN, HIP PUSHES

9&10 Cross left over right, step right to right side, cross left over right

Touch right toe to right side, close right to left Touch left toe to left side, close left to right

Touch right toe to right side, keeping feet in place turn ¼ right

&15&16 With right foot in front and weight back on left, push hips forward, back, forward, back

Do not dance steps & 15 & 16 on 2nd and 5th walls

MOONWALK, BACKWARD LOCK STEP

Slide right back with foot flat keeping knee straight and popping left knee Slide left back with foot flat keeping knee straight and popping right knee

19&20 Step right back, cross left in front of right, step right back

BACK STEP, SIDE STEP, FORWARD STEP, KICK BALL CHANGE

21& Step left back, step right to side turning ¼ right

22 Step left forward turning ¼ right

23&24 Kick right forward, step back on ball of right, step left in place

STATIONARY WALKS X 3, STEP, HITCH 1/2 LEFT

25 Close right to left pushing hips forward (flexing knees)

& Touch ball of left back (toe turned out)

With weight forward on right, slip right back slightly.Close left to right pushing hips forward (flexing knees)

& Touch ball of right back (toe turned out)

28 With weight forward on left, slip left back slightly

29&30 Repeat steps 25 & 26

31-32 Step left forward, hitch right knee turning ½ left

FULL TURN RIGHT, FORWARD LOCK STEP

33 Step right forward turning ½ right 34 Step left back turning ½ right

35&36 Step right forward, cross left behind right, step right forward

KICK, KICK, KICK STEP, STEP

37& Kick left forward, close left to right38& Kick right forward, close right to left

39&40 Kick left forward, step left out to left, step right out to right

SHAKE SHOULDERS, 'CHUG' FULL TURN LEFT

Shake shoulders alternately up and down x 4 (leaning to right by flexing right knee, then

straightening up)

&45 Turning left, hitch right knee slightly, tap right toe to side

&46&47 Repeat steps & 45 two more times

& Completing one whole turn left, hitch right knee slightly

48 Step right foot to side ending feet apart

REPEAT