

# Bon Bon Shake

Count: 88

Wand: 4

Ebene: Advanced samba

Choreograf/in: Bronya Bishorek (MY)

Musik: Shake Your Bon-Bon - Ricky Martin



## HEEL TOE SWIVELS, TRAVELING LEFT TO WALL (FACING 3:00)

- 1-2 With legs only slightly apart lean weight to toes and swivel both heels left, hold
- 3-4 Pick toes up with weight on heels and shift toes left, hold
- 5-8 Repeat

## ½ TURN LEFT (FACING 9:00), SIDE STEPS

- 1-2 Make a ½ turn left step right to right side, push palm of hand forward twice
- 3-4 Step left next to right, looking sharply to the right
- 5-6 Step right to right, push palm of hand forward twice
- 7-8 Step left next to right, looking sharply to the right

## ¼ TURN RIGHT, WASH WINDOWS WITH 'S' SHAPE MOTION OF HANDS (12:00)

- 1-2 Turn ¼ right stepping left to left, sway body to left
- 3-4 Sway body right, bending knees to lower body
- 5-6 Sway body left, bending knees to lower body
- 7-8 Sway body right, standing tall

## TOUCH LEFT FORWARD, BODY ROLLS, ¼ TURN RIGHT AND REPEAT

- 1-4 Place left toe forward while pushing shoulders forward to start body roll till hips
- 5-8 ¼ turn right and repeat (3:00)

## TOE HEEL TAPS

- 1-4 With left knee bent tap toe, then heel and toe, toe finishing with weight on left
- 5-8 Touch right toe forward, bent at knee and tap toe, then heel and toe, toe

## SAMBA WHISKS

- 1-4 Step right across left, step left to left on ball, step right in place, hold
- 5-8 Step left across right, step right to right on ball, step left in place, hold

## SAMBA WHISKS AND WALKS

- 1-4 Step right across left, step left to left on ball, step right in place, hold
- 5-8 Step left next to right, step right back on ball, step left in place, hold

## STATIONARY SAMBA ¼ TURN RIGHT (6:00)

- 1-4 Make ¼ turn right, step right next to left, step left back on ball, step right in place, hold
- 5-8 Step left next to right, step right back on ball, step left in place, hold

## AROUND THE WORLD HIPS WITH DRAIN PIPE ACTION WITH ¼ TURNS

- 1-4 Place right toe forward with knee bent, rotate hips around the toe gradually moving down like a sink draining away
- 5-8 Make a ¼ turn left and repeat (3:00)

## AROUND THE WORLD HIPS WITH DRAIN PIPE ACTION WITH ¼ TURNS

- 1-4 Make a ¼ turn left, place right toe forward with knee bent, rotate hips around the toe gradually moving down like a sink draining away (12:00)
- 5-8 Make a ¼ turn left and repeat (9:00)

## **RUNNING STEPS**

- 1-4 Step right forward, step left beside right, step right forward, flick left foot up behind body while body makes slow motion running motions
- 5-8 Step left forward, step right beside left, step left forward, flick right foot up behind body while body makes slow motion running motions

## **REPEAT**

## **TAG**

On the 2nd and 5th walls remove the first 4 counts of the body roll steps and go straight into the  $\frac{1}{4}$  turn and body roll.

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