Count: 48
Wall: 4
Level: Intermediate
Choreographer: Barbara Mendelsohn (USA)
Music: Bang, Bang, Bang - Nitty Gritty Dirt Band

## HIP BUMPS, ARM PUMPS

| $1-2$ | Step left foot to left side while pumping left arm and bumping left hip, pump and bump again |
| :--- | :--- |
| $3-4$ | Step left beside right; clap hands |
| $5-6$ | Step right foot to right side while pumping right arm and bumping right hip; pump and bump <br> again |
| $7-8$ | Step right beside left; clap hands |

KICK-BALL-CHANGE, CROSS, UNWIND, TOUCH OUT, STEP IN, BODY ROLL
9\&10 Kick right foot forward; step ball of right beside left; step left in place
11-12 Cross-touch right over left; unwind $1 / 2$ turn left
13-14 Touch right toe to right side; step right beside left
15\&16 Body roll or shimmy

## FORWARD PROGRESSING `MASHED POTATOES'

\& Swivel left heel out as you lift right foot off the floor
17 Place right ball of foot in front of left foot as you swivel both heels to center
\&18 Swivel both heels out; swivel both heels in
\& Swivel right heel out as you lift left foot off the floor
19 Place left ball of foot in front of right foot as you swivel both heels to center
\&20 Swivel both heels out; swivel both heels in
\& Swivel left heel out as you lift right foot off the floor
21 Place right ball of foot in front of left as you swivel both heels to center
\&22 Swivel both heels out; swivel both heels in
\& Swivel right heel out as you lift left foot off the floor
23 Place left ball of foot in front of right as you swivel both heels to center
\&24 Swivel both heels out; swivel both heels in
WALK, WALK, TRIPLE STEP, ½ TURN, SHUFFLE, STOMPS
25-26 Step right forward, then left
27\&28 Cross-step right behind left; step left in place; step back on right
\&
29\&30 Step left foot forward; step right together; step left foot forward
31-32 Stomp right; stomp left
$3 / 4$ TURN, TOUCH, SIDE-SHUFFLE, ROCK STEP
33-34 Turning $1 / 4$ right, step on right; turning $1 / 4$ right, step on left foot
35-36 Turning $1 / 4$ right, step on right; touch left beside right
37\&38 Step left foot to left side; step right together; step left to left side
39-40 Rock diagonally back onto right foot; step forward onto left
HEEL, TOE, HITCH, STEP; HEEL, TOE, HITCH, STEP
41\&42 Touch right heel forward to right diagonal; step right in place (facing diagonal); touch left toe back to left diagonal
$43 \quad$ Hitch left knee
44\&45 Step left in front of right facing current wall: step right to right side (facing left diagonal); touch left heel forward to left diagonal

