

# All Banged Out!

Compte: 0

Mur: 4

Niveau: Intermediate/Advanced

Chorégraphe: Sharon Walton (UK)

Musique: She Bangs - Ricky Martin



Sequence: AAA, TAG 1, A, A(1-32), TAG 1, A, TAG 2, A to the end

## PART A

### CHASSE RIGHT, ROCK AND RECOVER, CHASSE LEFT, ROCK AND RECOVER

- 1&2 Step right to right side, close left beside right, step right to right side
- 3-4 Rock back on left, rock forward on right
- 5&6 Step left to left side, close right beside left, step left to left side
- 7-8 Rock back on right, rock forward on to left

#### Advanced option:

### CHASSE RIGHT, CROSS, FULL UNWIND, CHASSE LEFT, CROSS, FULL UNWIND

- 1&2 Step right to right side, close left beside right, step right to right side
- 3-4 Cross left over right, unwind full turn right
- 5&6 Step left to left side, close right beside left, step left to left side
- 7-8 Cross right over left, unwind full turn left

### TOE STRUTS FORWARD WITH "FURIOUS" SHIMMY, KICK BALL CHANGE, TOUCH, BODY ROLL

- 9-10 Touch right toe forward, drop right heel (shimmy)
- 11-12 Touch left toe forward, drop left heel (shimmy)
- 13&14 Kick right foot forward, step ball of right back, step forward left
- 15-16 Touch right toe forward, bend knees and body roll over two counts

### RIGHT MONTEREY TURN, PENDULUM SWING, CROSS, UNWIND, JUMP STEPS

- 17-18 Touch right to right side, on ball of left make ½ turn right stepping right beside left
- 19&20 Touch left to left side, step left beside right, touch right to right side
- &21 Step right beside left, touch left to left side
- 22-23 Cross left over right, unwind ½ turn right
- &24 Step small step forward right, step small step forward left (feet should be slightly apart)

### STEP, SLIDE, STEP, CLAP (TWICE)

- 25-26 Step right diagonally forward, slide left beside right
- 27-28 Step right diagonally forward, clap
- 29-30 Step left diagonally forward, slide right beside left
- 31-32 Slide left diagonally forward, clap

#### Advanced option

### STEP, SLIDE, STEP WITH FORWARD SHOULDER BODY ROLLS (TWICE)

- 25-26 Step right diagonally forward, slide left beside right
- 27-28 Step right diagonally forward, tap left beside right (make a snake movement with your body, by rolling your shoulders forward & returning to an upright position)
- 29-30 Step left diagonally forward, slide right beside left
- 31-32 Step left diagonally forward, tap right beside left (make a snake movement with your body, by rolling your shoulders forward & returning to an upright position)

### JUMPING STEPS FORWARD, SHOULDER POPS X3, SAILOR ¼ TURN LEFT, JUMPING STEPS FORWARD, CLAP

- &33 Step left forward, step right forward (bend knees, place hands on thighs)
- 34-35 Pop right shoulder to right, pop left shoulder to left
- 36-37 Pop right shoulder to right, cross left behind right

&38                Step right ¼ turn left, step back on left  
&39-40            Step forward left, step forward right, clap hands

**CROSS ROCK, STEP TOUCH TWICE (WITH CUBAN HIP MOVEMENT), CHASSE RIGHT**

41-42            Cross rock right over left, rock back on left  
43-44            Step right to right side, touch left beside right  
45-46            (Use Cuban hips) step right to right side, step left beside right  
47&48            (Use Cuban hips) step right to right side, close left beside right, step right to right side

**Advanced option**

**CROSS ROCK, FULL TURN RIGHT TWICE, CHASSE RIGHT**

41-42            Cross rock right over left, rock back on left  
43-44            On ball of left spin ½ turn right stepping forward right, on ball of right spin ½ turn right stepping back left  
45-46            On ball of left spin ½ turn right stepping forward right, on ball of right spin ½ turn right stepping back left  
47&48            Step right to right side, close left beside right, step right to right side

**ROCK & RECOVER, HEEL AND CROSS, STEP, KNEE POP, HIP CIRCLES**

49-50            Rock back on left, rock forward on right  
51&52            Touch left heel diagonally forward, step left beside right, cross right over left  
53-54            Step left to left side, pop right knee towards left knee (push left hip out)  
55&56            Circle hips in figure of 8 movement moving right to left

**CROSS ROCK, STEP, POINT WITH KNEE BEND, SYNCOPATED GRAPEVINE LEFT WITH "FURIOUS" SHIMMY**

57-58            Cross rock right over left, rock back on left  
59-60            Step right to right side, bend right knee  
61-62            Point left foot back (lean forward from waist), step left to left side  
&63-64            Cross right behind left, step left to left side, cross right over left

**REPEAT**

**TAG 1**

**To be danced after 3rd and 5th repetition**

**ROCK & RECOVER, COASTER STEP, ROCK & RECOVER, COASTER STEP**

1-2                Rock forward on right, rock back on left  
3&4                Step back right, step left beside right, step forward right  
5-6                Rock forward on left, rock back on right  
7&8                Step back left, step right beside left, step forward left

**TAG 2**

**To be danced on 6th wall only**

**STEP, TAP, SHIMMY TWICE**

1-2                Step right foot forward, tap left beside right (shimmy)  
3-4                Step left foot forward, tap right beside left (shimmy)

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