

Bang-A-Rang

COPPER KNOB
STEPSHEETS

拍数: 64 墙数: 0 级数: Phrased Advanced
编舞者: Raquel Reynolds (USA) - July 2025
音乐: Bangarang (feat. Sirah) - Skrillex



Sequence: A, B, B, A, B B, A, TAG, A, B, B

****Starts after 16 counts****

PART A: 32c

(1-8) L Cross Shuffle, R Side Rock Recover, R Coaster, ¼ L, Full Turn L

1&23 Cross LF over RF, Step RF Side, Cross LF over RF, Step RF Side
&4& Step LF Back, Close RF to LF, Step LF Fwd
56 Step RF Fwd, Turning ¼ L Step LF Side (9:00)
78 Turning ½ L Step RF next to LF, Turning ½ L Step LF Side (9:00)

(9-16) R Fwd Rock Recover, R Weave, ½ L Turn

1&23 Step RF Fwd, Recover to LF, Close RF to LF, Step LF Fwd
4& Cross RF Over LF, Step LF Side
56 Cross RF Behind LF, Step LF Side Turning ¼ L (6:00)
78 Turning ¼ L Step RF Fwd, Step LF Side (3:00)

(17-24) R Sailor, L Lunge with Hip Bumps, ½ Turn R to Reverse Body Roll

1&2 Cross RF Behind LF, Step LF Side, Recover to RF
3&4&5 Step LF Fwd to Lunge While R Hip Bumps (2 Times)
678 Turning ½ R Step Fwd, Close LF to RF w/ Reverse Body Roll (9:00)

(25-32) R Side Rock Recover, L Side Rock Recover, 1& ¾ Turn L

12& Step RF Side, Recover to LF, Close RF to LF
3&4 Step LF Side, Recover to RF, Step LF Fwd
56& Step RF Back, Turning ½ L Step LF Fwd, Turning ¼ L Close RF To LF (12:00)
78 Turning ¾ L Step LF Fwd, Turning ¼ L Step RF Side (12:00)

PART B: 32c

(1-8) Rt Heel Jack, L Heel Jack, LF Tap Fwd & Back, L Fwd Shuffle

&1&2 Step LF Side, Heel RF Side, Step RF Slightly Back, Cross LF Over RF
&3&4 Step RF Side, Heel RF Side, Step LF Slightly Back, Cross RF over LF
56 Tap LF Diagonally Fwd, Cross Tap LF Behind RF
7&8 Step LF Fwd, Close RF to LF, Step LF Fwd (traveling on diagonal to 10:30)

(9-16) R Fwd Rock Recover, Behind Side Cross ¾ Turn L, 1/2 Paddle Turn L

12 Step RF Fwd, Recover to LF (10:30)
3&4 Step RF Back, Step LF Side Turning ¼ L (7:30), Step RF Fwd Turn ½ L (6:00)
56 Turning ¼ L Tap LF Side (3:00), Turning ¼ L Tap LF Side (12:00)
78 Tap LF Side (9:00), Tap LF Back (6:00)

(17-24) Close RF to LF, Prep Back Body Roll, R Coaster, Flick, L Weave, Turn ¼ R

&12 Close RF to LF, Point LF Back While Starting Body Roll Back, Recover to L (12:00)
3&4& Step RF Back, Close LF to RF, Step RF Fwd, Flick LF Side
5&6 Cross LF over RF, Step RF Side, Cross LF Behind RF
78 Turning ¼ R Step RF Fwd, Close LF to RF (3:00)

(25-32) Slide Back R & L, Press Line Turn, L Rock Recover, L Coaster, Walk, Walk

12 Slide RF Back, Slide LF Back Making a Reverse Press Line

34 Turning ½ L Keeping Press Line on LF, Turning ¼ L Step RF Side (6:00)
5&6& Step LF Fwd, Recover to RF, Step LF Back, Close RF To LF
78 Step LF Fwd, Step RF Fwd

TAG

(1-8) Left Side Lunge w/ Rt Arm Swim & Retract, CCW Hip Roll, Step RF Fwd

1234 Lunge L while RF arm lifts and swims parallel to floor, Recover to RF Pull Back Arm
5678 Step RF Side while Rolling Hips CCW, Step RF Fwd (count 8)

(9-16) L Fwd Rock Recover, L Back Lock, Full Pivot R, Walk R & L

12 Step LF Fwd, Recover to RF
3&4 Step LF Back, Lock RF in Front of LF, Step LF Back
56 Turning ½ Turn Rt Step RF Fwd (6), Turning ½ Turn Rt Step RF Fwd
78 Recover to RF, Step LF Fwd (12:00)

(17-24) ¼ Turn L Side Step, HOLD, R Walk, L Walk, R Lock Step

1234 Turning ¼ L Step RF Side Pushing R Arm Fwd (9), Turning ¼ Turn L Recover to LF (6)
56 Step RF Fwd, Step LF Fwd
7&8 Step RF Fwd, Lock LF Behind RF, Step RF Fwd

(25-32) L Fwd, ½ Turn Right, L Lock Step, Full Turn L, R Lock Step

12 Step LF Fwd, Turning ½ Turn R Recover to RF (12:00)
3&4 Step LF Fwd, Lock RF Behind LF, Step LF Fwd
56 Turning ½ Turn L Step RF Fwd, Turning ½ Turn L Step LF Fwd (12:00)
7&8 Step RF Fwd, Lock LF Behind RF, Step RF Fwd
