

# Shake Your Bon Bon

拍数: 48      墙数: 4      级数: Improver  
编舞者: Pam Pike (UK)  
音乐: Shake Your Bon-Bon - Ricky Martin



Start on Lyric "I'm a desperado..."

## HITCH KNEES, RIGHT KICK BALL CROSS, ROCK OUT

- 1                    Hitch right knee across left leg pushing down with both hands either side of your body
- 2                    Step right next to left and raise both hands up to shoulder height
- 3                    Hitch left knee across right leg pushing down with both hands either side of your body
- 4                    Step left next to right and raise both hands to shoulder height
- 5&6                Kick right foot forward, step ball of right foot next to left, cross left foot in front of right
- 7-8                Step right foot to right side, replace weight onto left foot

## SIDE SHUFFLES WITH CROSS ROCKS

- 9&10              Right side shuffle (step right to right side, step left next to right, step right foot to right side)
- 11-12            Cross left foot in front of right and rock onto it, replace weight onto left foot
- 13&14            Left side shuffle (step left foot to left side, step right next to left, step left foot to left side)
- 15-16            Cross right foot in front of left and rock onto it, replace weight onto right foot

## RIGHT SIDE STEPS WITH A QUARTER AND A HALF TURN

- 17-18            Step right foot to right side, clap hands once or shimmy
- &19-20           Step left foot next to right, step right foot to right side, clap hands once or shimmy
- &21-22           Step left foot next to right, step right foot to right side making  $\frac{1}{4}$  turn right, step left foot forward
- 23-24            Pivot  $\frac{1}{2}$  turn right, step forward on left foot

## ROCK AND COASTER STEPS

- 25-26            Step right foot forward, replace weight onto left
- 27&28            Right coaster step (step back on right foot, step back on left, step forward on right)
- 29-30            Step left foot forward, replace weight onto right
- 31&32            Left coaster step (step back on left foot, step back on right, step forward on left)

## TWO COMPLETE TURNS AND TWO QUARTER PIVOTS

- 33-34            Step right foot forward beginning  $\frac{1}{2}$  turn left, step left foot back completing whole turn
- 35-36            Step right foot forward beginning  $\frac{1}{2}$  turn left, step left foot back completing whole turn
- 37-38            Step right foot forward, pivot  $\frac{1}{4}$  turn left
- 39-40            Step right foot forward, pivot  $\frac{1}{4}$  turn left

## CROSS TOE STRUTS WITH BODY SHAKES

Raising your hands to shoulder height and pumping your arms and hips backward and forward as you go:-

- 41-42            Cross right foot in front of left placing toes down first, then place heel to the floor
- 43-44            Cross left foot in front of right placing toes down first, then place heel to the floor
- 45-46            Cross right foot in front of left placing toes down first, then place heel to the floor
- 47-48            Cross left foot in front of right placing toes down first, then place heel to the floor

## REPEAT

In order for the dance to stay phrased with the music you must lose counts 15 & 16 on the second and fifth time of dancing the sequence