

She Bangs!

拍数: 32 墙数: 4 级数: Improver
编舞者: Sue Johnstone (UK)
音乐: She Bangs - Ricky Martin



BACK TOE STRUT, BACK TOE STRUT, 4 STEPS BACK

- 1-2 Step back on right toe, drop heel
- 3-4 Step back on left toe, drop heel
- 5-8 Step back right, left, right, left, (bending knees slightly)

Swing arms & click fingers to left on right steps and to the right on left steps. On 'She Bangs' chorus, wave arms high in the air on counts 1-4

SIDE STRUT, CROSS STRUT, SIDE STRUT, ¼ TURNING COASTER

- 9-10 Step right toe to right, drop heel (swing arms right click fingers)
- 11-12 Cross left toe across right, drop heel (swing arms left click fingers)
- 13-14 Step right toe to right, drop heel (swing arms right click fingers)
- 15&16 Step left behind right turning ¼ to left, step right next to left, step left forward

ROCK FORWARD, ROCK BACK, COASTER STEP

- 17 Rock diagonally forward on right (push hips right)
- 18 Rock diagonally back onto left (push hips left)
- 19&20 Coaster step (right-left-right)
- 21-24 Repeat steps 17-20 starting with left rock forward

WALK, WALK, SHUFFLE, WALK, WALK, SHUFFLE

- 25-26 Step forward on right, step forward on left
- 27&28 Right shuffle in place (right-left-right)
- 29-30 Step forward on left, step forward on right
- 31-32 Left shuffle in place (left-right-left)

Lots of hip movement on counts 25-32

REPEAT

TAG

At the end of walls 5 and 10 there is an 8 count tag

- 1-2 Rock right, rock left
- 3&4 Triple step in place (right-left-right)
- 5-6 Rock left, rock right
- 7&8 Triple step in place (left-right-left)

At the end of wall 12 there is a 4 count hold (facing front wall)
