

Target Practice

拍数: 64 墙数: 4 级数: Intermediate
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音乐: Bang Bang - Melanie Fiona : (Album: The Bridge)



16 Count Intro – Approx 07 seconds - Track approx 3 mins 28 secs BPM 132

Step Kick, Back, Twist Twist, Back, Point Cross.

- 1,2 Step forward on L, kick R forward.
- 3 Step back on R.
- 4,5 On balls of feet twist both heels L, twist back to centre weight on R.
- 6 Step back on L.
- 7,8 Point R to R side, cross R over L. (12 o'clock).

Point Cross, Side Rock, Jazzbox ¼ Turn R.

- 1,2 Point L to L side, cross L over R.
- 3,4 Rock R to R side, recover weight to L.
- 5-8 Cross R over L, make a ¼ turn R stepping back on L, step R to R side, step forward on L. (3 o'clock).

Modified Jazzbox ¼ Turn R, Side Rock, Cross Point.

- 1-4 Cross R over L, make a ¼ turn R stepping back on L, step R to R side, cross L over R.
- 5,6 Rock R to R side, recover weight to L.
- 7,8 Cross R over L, point L to L side. (6 o'clock).

R Diagonal Step Lock Step Hitch, L Diagonal Step Lock Step Hitch.

- 1-4 Travelling to R diagonal step forward on L, lock R behind L, step forward on L, hitch R knee towards L diagonal.
- 5-8 Travelling to L diagonal step forward on R, lock L behind R, step forward on R, hitch L knee to straighten up towards the 6 o'clock wall. (6 o'clock).

Step ½ Turn R Step, ¾ Turn L Point, ½ Monterey Turn R With Point.

- 1-3 Step forward on L, make a ½ turn R, step forward on L.
- 4-6 Make a ½ turn L stepping back on R, make a ¼ turn L stepping L to L side, point R to R side.
- 7,8 Make a ½ turn R stepping R beside L, point L to L side. (9 o'clock).

Bump, Bump, Side, Touch, ¾ Turn R.

- 1,2 Bump hips L, bump hips R.
- 3,4 Step L to L side, touch R beside L.
- 5 Make a ¼ turn R stepping forward on R.
- 6-8 Step forward on L, make a ½ turn R, step forward on L. (6 o'clock).

Chasse R, Back Rock, Chasse L, Back Rock.

- 1&2 Step R to R side, close L beside R, step R to R side.
- 3,4 Rock L behind R, recover weight to R.
- 5&6 Step L to L side, close R beside L, step L to L side.
- 7,8 Rock R behind L, recover weight to L. (6 o'clock).

¾ Turn R, Side Hold, Ball Cross Point.

- 1-4 Make a ¼ turn R stepping forward on R, step forward on L, make a ½ turn R, step forward on L.
- 5,6 Step R to R side, hold count 6.
- &7,8 Step L beside R, cross R over L, point L to L side. (3 o'clock).

Optional Ending - Facing 9 o'clock wall -

Dance up to count 6 of the last section and replace 'Ball Cross Point' with 'Ball $\frac{1}{4}$ Turn R Point' to end facing 12 o'clock

Track available from [iTunes.co.uk](https://www.itunes.co.uk) - deemusk@btinternet.com Dee – 07814 295470
