Bang My Head

拍數: 64   牆數: 2   級數: Intermediate

編舞者: Nathan Gardiner (SCO) - April 2016

音樂: Bang My Head (feat. Sia & Fetty Wap) - David Guetta

Intro: 16 counts

S1: Step Back, Drag, Ball Step, Step Forward, Cross Samba, Cross Samba

1-2&	Step back on R, Drag L towards R, Step L next to R
3-4	Step forward on R, Step forward on L
5&6	Cross R over L, Rock out to L side, Recover on R
7&8	Cross L over R, Rock out to R side, Recover on L

S2: Mambo Step, Coaster Step, Step ¼ L, Cross Shuffle

1&2	Rock forward on R, Recover on L, Step back on R
3&4	Rock forward on L, Recover on R, Step back on L
5-6	Step forward on R, ¼ L
7&8	Cross R over L, Step L to L side, Cross R over L

S3: Side Mambo, Side Mambo, Side L, Together, Chasse ¼ L

1&2	Rock out to L side, Recover on R, Step L next to R
3&4	Rock out to R side, Recover on L, Step R next to L
5-6	Step L to L side, Step R next to L
7&8	Step L to L side, Step R next to L, ¼ L stepping forward on L

S4: Kick & Point, Kick Ball Touch, Reverse Rocking Chair

1&2	Kick R forward, Step R next to L, Point L to L side
3&4	Kick L forward, Step L next to R, Touch R next to L
5-6	Rock back on R, Recover on L
7-8	Rock forward on R, Recover on L

S5: Back, Touch & Bump, Back, Touch & Bump, Back, Touch & Bump, & Touch, & Touch

&1&2	Step back on R diagonal, Touch L next to R, Bump hips to L diagonal, Bump hips back to centre
&3&4	Step back on L diagonal, Touch R next to L, Bump hips to R diagonal, Bump hips back to centre
&5&6	Step back on R diagonal, Touch L next to R, Bump hips to L diagonal, Bump hips back to centre
&7&8	Step L next to R, Touch R forward, Step R next to L, Touch L forward

S6: Ball Cross, Side L, Sailor Step, Cross, Side R, Behind, Side, Cross

&1-2	Step L next to R, Cross R over L, Step L to L side
3&4	Step R behind L, Step L to L side, Step R to R side
5-6	Cross L over R, Step R to R side
7&8	Step L behind R, Step R to R side, Cross L over R

S7: Side Rock, Recover, Behind, ¼ L, Step Forward, Rock Forward, Recover, ¼ L Chasse

1-2	Rock out to R side, Recover on L
3&4	Step R behind L, ¼ L stepping forward on L, Step forward on R
5-6	Rock forward on L, Recover on R
7&8	¼ L stepping L to L side, Step R next to L, Step L to L side

S8: Sailor Step, Behind, Side, Cross, Rock Forward, Recover, ½ R, Step Forward

1&2	Step R behind L, Step L to L side, Step R to R side
3&4	Step L behind R, Step R to R side, Cross L over R
5-6	Rock forward on R, Recover on L
7-8	½ R stepping forward on R, Step forward on L

Restart: On wall 3 after 32 counts

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