

She Bangs

拍數: 32 牆數: 4 級數: Improver
編舞者: Ita Mell (INA), Indra Abdurrahman (INA), Nera (INA) & Risda (INA) - March 2024
音樂: She Bangs (Cha-Cha) - Tony Evans Dancebeat Studio Band



Tag 8 count After Wall 5

Tag 2 count after 8 count on wall 13 and restart

I. SIDE, ROCK BACK, LOCK SHUFFLE FORWARD, ROCK FORWARD, ½ TURN L SHUFFLE FORWARD, TOGETHER.

1-2 Step Lf To Left Side, Rock Rf Back, Recover On Left.
4&5 Step Rf Forward, Step Lf Behind Rf, Step Rf Forward.
6-7 Rock Rf Forward, Recover On Rf.
8 & ½ Turn L Step Lf To Left Side, Step Rf Next To Lf.

II. FORWARD, SIDE, CROSSAFEL, SIDE, CROSSAFEL.

1 Step Rf Forward
2-3 Step Rf Side On Left, Step Lf Recover
4&5 Cross Rf Over Lf, Step To Lf, Cross Rf Over Lf
6-7 Step Lf To Side On Left, Step Rf Recover
8& Cross Lf Over, Step Rf To R

III. CROSS, RIGHT MAMBO, LEFT MAMBO, FORWARD MAMBO, COASTER STEP.

1 Cross Lf To Rf
2&3 Rock Rf To R, Recover On Lf, Step Rf Beside Lf.
4&5 Rock Lf To L, Recover On Rf, Step Rf Beside Lf.
6&7 Rock Rf Forward, Recover On Lf, Step Rf Beside Lf.
8& Step Rf Back, Step Lf Beside Rf.

IV. FORWARD, ½ TURN COASTER STEP, TOU TOUCH, SIDE, ½ TURN SAILOR STEP.

1 Step Forward
2.3 Step Rf Forward, Lf Forward
4&5 Cross Step Rf Behind Lf, Step Lf To L, Step Rf To R.
6.7 Lf Touch Forward, Lf Touch Side To Left.
8& ½ Step Lf Beside Rf, Cross Rf Over Lf