拍數： 32
銅數： 2
級數：Intermediate／Advanced
編舞者：Jo Everhart（USA）
音樂：She Bangs－Ricky Martin

## STEP，SIT，STAND，SIT（BUTT AND BUST MOVEMENT）

| 1－2 | Step right foot back slightly，bend knees as you lower into a sitting position（weight will <br> remain on right foot） |
| :--- | :--- |
| Stand up as you shift weight forward to left foot，bend knees as you lower into a sitting |  |

## STAND，STEP，TURN AND STEP，STEP－SLIDE

5－6 Stand up as you shift weight forward onto left foot，step right foot to right
7－8\＆$\quad$ Turn $1 / 4$ wall to left as you step forward on left foot，step forward on right foot，slide left foot up next to right heel（5th position）

## SKATE RIGHT，SKATE LEFT，SKATE RIGHT，ROCK \＆RECOVER

| 9－10 | Step forward at right diagonal on right foot making a skate motion，step forward at left <br> diagonal on left foot making a skate motion |
| :--- | :--- |
| 11－12\＆ | Step forward at right diagonal on right foot making a skate motion，rock on left foot behind <br> right foot，recover weight onto right foot |
| STEP，HITCH，TURN AND KICK，CROSS AND STEP |  |
| $13-14$ Step left foot to left，hitch right knee up <br> $15-16 \&$ Turn $1 / 4$ wall to right as you kick right foot forward，cross right foot over left，step back on left <br> foot  |  |

## STEP，TOE TOUCH，KICK，CROSS AND STEP

17－18 Step right foot to right，touch left toe next to right foot
19－20\＆Kick left foot forward，cross left foot over right foot，step back on right foot

## STEP，KNEE POP，KNEE POP，STEP

21－22 Step left foot to left（shoulder width apart），pop right knee forward as you lift right foot up onto toe
23－24 Lower right heel as you pop left knee forward and lift left foot up onto toe，step left foot next to right foot

STEP，TOUCH，SWEEP，TOUCH
25－26 Step right foot to right，touch left toe next to right foot．
27－28 Sweep left foot counter－clock－wise as you make a $1 / 2$ wall left turn，touch left toe next to right foot

## STEP，STEP AND SLIDE，STEP，STEP

29－30\＆Step forward on left foot，step forward on right foot，slide left foot up behind right heel（5th position）
31－32 Step forward on right foot，step left foot to left

REPEAT

TAG
At the end of the fifth and tenth rotations．
STEP，SWEEP，STEP，SWEEP
1－4 Step right foot back，sweep left foot around to the left from front to back for three counts

## After the 12th rotation

## STEP, SIT, STAND, SIT--REPLACE COUNT ONE

1-4 This is the first original 4 counts of the dance (step, sit, stand, sit)
5 Stand up, which will replace the first step of the dance which is the step back. From here you resume the sit and stand on counts 2 and 3 , etc

