

Bang!

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Phil Austin (UK)
音樂: She Bangs - Ricky Martin



& JUMP, CLAP, BACK-LOCK-BACK, SIDE, ROCK, RECOVER, ¼ TURN

&1-2 Jump right foot forward, jump left foot together, clap hands (weight on right foot)
3&4 Step back left foot, cross right foot over left, step back left foot
5-6 Step right foot to right side, cross rock left foot over right
7-8 Recover weight onto right foot, step left foot to left side with ¼ turn left

STEP, LOCK, STEP-LOCK-STEP, CROSS, SWEEP, CROSS, BACK, STEP

1-2 Step forward right foot, lock left foot behind right foot
3&4 Step right foot forward, lock left foot behind right foot, step right foot forward
5-6 Cross left foot over right foot, sweep right foot round to front of left foot
7&8 Cross step right over left foot, step back on left foot, step right foot next to left foot

STEP ½ PIVOT, STEP, FLICK, STEP ½ PIVOT, STEP, FLICK

1-2 Step forward left foot, pivot ½ turn over right shoulder
3-4 Step forward left foot, flick right foot behind left foot and click fingers above head
5-6 Step forward right foot, pivot ½ turn over left shoulder
7-8 Step forward right foot, flick left foot behind right foot and click fingers above head

STEP, BUMP, HOLD BUMP, HOLD, BUMP, BUMP, BUMP TOUCH

1-2 Step left foot shoulder width apart from right foot, bump hips to left
3-4 Hold, bump hips to right
5-6 Hold, bump hips to left
7-8 Bump hips to right, bump hips to left and touch right toe next to left foot

SIDE ROCK, CROSS SHUFFLE, SIDE ROCK, SIDE SHUFFLE

1-2 Rock right foot to right side, recover weight onto left foot
3&4 Cross right foot over left foot, step left foot next to right foot, cross right foot over left foot
5-6 Rock left foot to left side, recover weight onto right foot
7&8 Step left foot to left side, step right foot next to left foot, step left foot to left side

BACK SHOULDER ROLL TWICE, COASTER STEP, STEP ½ TURN

1-2 Step back on right foot, roll right shoulder backwards

This can be turned into a body roll with practice!

3-4 Step back on left foot, roll left shoulder backwards

This can also be turned into a body roll!

5&6 Step back right foot, step left foot next to right foot, step forward right foot

7-8 Step forward left foot, pivot ½ turn over right shoulder

POINT, HOLD, POINT, HOLD, SYNCOPATED POINTS, ¼ TURN

1-2 Point left toe to left side, hold

&3-4 Step left foot next to right, point right toe to right side, hold

&5&6 Step right foot next to left, point left toe to left side, step left foot next to right, point right toe to right side

&7-8 Step right foot next to left, point left foot to left side, pivot ¼ turn to left placing weight on left

ROCK, RECOVER, ½ TURN SHUFFLE, ROCK, RECOVER, MAMBO STEP

1-2 Rock right foot forward, recover weight onto left foot

3&4 Make a ½ turn over right shoulder stepping right, left, right
5-6 Rock forward left foot, recover weight onto right foot
7&8 Rock back on left foot, recover weight onto right foot, step left foot next to right foot

REPEAT

This dance is supposed to be done with attitude, so emphasize the bumps and the shoulder rolls.

RESTART

The restart comes on the third wall only. After counts 33-40, start again.

TAG 1

At the end of the sixth wall, repeat steps 57-64.

TAG 2

On the seventh wall, after steps 25-32, roll hips for four counts. You can also hear this in the music!
