

Pega, Pega

Count: 0

Wand: 1

Ebene:

Choreograf/in: Norman Gifford (USA)

Musik: She Bangs - Ricky Martin



Sequence: ABABB ABABB AABBB (Each pattern of ABABB starts at the front wall)

SECTION A

CROSS VINE, CROSS-LOCK STEPS

- 1-4 Left crossover; right step side; left cross behind; right step side
5&6& Left crossover; right lockstep; left step crossed over; right lockstep
7-8 Left crossover; right brush

CROSS VINE, CROSS-LOCK STEPS

- 1-8 Repeat the previous eight counts with opposite feet

CHA-CHA STEPS WITH ¼ TURN LEFT

- 1-2-3&4 Left rock-step forward; replace right back; turn ¼ left on a cha-cha step (left-right-left)
5-6-7&8 Right rock-step forward; replace left back; cha-cha step in place (right-left-right)

"MAMBO STEPS"

- 1&2 Left rock back; replace right; left together
3&4 Right rock side; replace left; right together
5&6 Left rock side; replace right; left together
7&8 Right rock forward; left replace; right together

SECTION B

HIP BUMPS, "LATIN WALK STEPS"

- 1&2 Bump hips to the left twice
3&4 Bump hips to the right twice
5-8 Walk forward with Cuban motion (left-right-left-right)

ROCK STEP; TURNING SHUFFLE STEP; FORWARD SAILOR STEPS

- 1-2 Left rock-step forward; right replace back
3&4 Left ½ turning shuffle step (left-right-left)
5&6 Right crossover; left together; right together
7&8 Left crossover; right together; left together

ROCK STEP, TURNING SHUFFLE STEP, KICK-BALL-CHANGES

- 1-2-3&4 Right rock-step forward; left replace back; right ½ turning shuffle step (right-left-right)
5&6-7&8 Left kick forward; left step together; right step in place; (repeat 5&6)

SHUFFLE STEP, KICK-BALL-CHANGE, ROCK STEP, TURNING SHUFFLE STEP

- 1&2 Forward shuffle step (left-right-left)
3&4 Right kick forward; right step together; left step in place
5-6-7&8 Right rock-step forward; left replace back; right ½ turning shuffle step (right-left-right)