

# Shake Your Bon Bon

Count: 48

Wand: 4

Ebene: Improver

Choreograf/in: Pam Pike (UK)

Musik: Shake Your Bon-Bon - Ricky Martin



Start on Lyric "I'm a desperado..."

## HITCH KNEES, RIGHT KICK BALL CROSS, ROCK OUT

- 1 Hitch right knee across left leg pushing down with both hands either side of your body
- 2 Step right next to left and raise both hands up to shoulder height
- 3 Hitch left knee across right leg pushing down with both hands either side of your body
- 4 Step left next to right and raise both hands to shoulder height
- 5&6 Kick right foot forward, step ball of right foot next to left, cross left foot in front of right
- 7-8 Step right foot to right side, replace weight onto left foot

## SIDE SHUFFLES WITH CROSS ROCKS

- 9&10 Right side shuffle (step right to right side, step left next to right, step right foot to right side)
- 11-12 Cross left foot in front of right and rock onto it, replace weight onto left foot
- 13&14 Left side shuffle (step left foot to left side, step right next to left, step left foot to left side)
- 15-16 Cross right foot in front of left and rock onto it, replace weight onto right foot

## RIGHT SIDE STEPS WITH A QUARTER AND A HALF TURN

- 17-18 Step right foot to right side, clap hands once or shimmy
- &19-20 Step left foot next to right, step right foot to right side, clap hands once or shimmy
- &21-22 Step left foot next to right, step right foot to right side making  $\frac{1}{4}$  turn right, step left foot forward
- 23-24 Pivot  $\frac{1}{2}$  turn right, step forward on left foot

## ROCK AND COASTER STEPS

- 25-26 Step right foot forward, replace weight onto left
- 27&28 Right coaster step (step back on right foot, step back on left, step forward on right)
- 29-30 Step left foot forward, replace weight onto right
- 31&32 Left coaster step (step back on left foot, step back on right, step forward on left)

## TWO COMPLETE TURNS AND TWO QUARTER PIVOTS

- 33-34 Step right foot forward beginning  $\frac{1}{2}$  turn left, step left foot back completing whole turn
- 35-36 Step right foot forward beginning  $\frac{1}{2}$  turn left, step left foot back completing whole turn
- 37-38 Step right foot forward, pivot  $\frac{1}{4}$  turn left
- 39-40 Step right foot forward, pivot  $\frac{1}{4}$  turn left

## CROSS TOE STRUTS WITH BODY SHAKES

Raising your hands to shoulder height and pumping your arms and hips backward and forward as you go:-

- 41-42 Cross right foot in front of left placing toes down first, then place heel to the floor
- 43-44 Cross left foot in front of right placing toes down first, then place heel to the floor
- 45-46 Cross right foot in front of left placing toes down first, then place heel to the floor
- 47-48 Cross left foot in front of right placing toes down first, then place heel to the floor

## REPEAT

In order for the dance to stay phrased with the music you must lose counts 15 & 16 on the second and fifth time of dancing the sequence