

She Bangs

Count: 32

Wand: 4

Ebene: Intermediate

Choreograf/in: Dixie Lynn (USA)

Musik: She Bangs - Ricky Martin



INTRO

Repeat 32 count intro 3 times to right and left side (hold first 32 beats)

RIGHT SIDE SHUFFLE, ROCK STEP; WITH HEEL TWIST LEFT AND RIGHT

- 1-2 Step right foot to right side, step left foot beside right foot, step right foot to right
3&4 Rock back on left foot, step right foot forward
5-8 Both heels together, twist to left then to right

TWO JAZZ SQUARES LEFT FOOT

- 9-12 Cross left foot over right; step back on right, then left; step front on right
13-16 Repeat steps 9-12

LEFT SIDE SHUFFLE, ROCK STEP; WITH HEEL TWIST RIGHT AND LEFT

- 17-18 Step left foot to left side, step right foot beside left foot, step left foot to left
19-20 Rock back on right foot, step left foot forward
21-24 Both heels together, twist to right then left

TWO JAZZ SQUARES RIGHT FOOT

- 25-28 Cross right foot over left foot; step back on left foot, step back on right foot; step forward on left foot
29-32 Repeat steps (25-28)

THE MAIN DANCE

HEEL, TOE, HEEL HEEL

- 1-4 Right heel forward, right toe touch back, right heel forward tap two times
5-8 Left heel forward, left toe touch back, left heel forward tap two times

HIP SWIVELS IN FULL CIRCLE LEFT

- 9-16 Step right foot forward, turn in 8 count circle to left, using ball of right foot to turn, as you circle hips in full turn left

GRAPEVINE WEAVE TO RIGHT, WITH $\frac{3}{4}$ TURN TO RIGHT

- 17-24 Step right foot to right side, step left foot behind right, step right foot to right side, cross left foot over right, step right foot to right side, step left foot behind right, step right while making a quick $\frac{3}{4}$ turn to right, on ball of right foot

LEFT SHUFFLE FORWARD, RIGHT SHUFFLE FORWARD, WITH SIDE LUNGES LEFT & RIGHT

- 25-28 With left foot shuffle forward left, right, left; then with right foot shuffle forward right, left, right
29-32 Step left foot to left side, quickly return left foot next to right, step right foot to right side, quickly return right foot next to left

REPEAT

TAG

After wall 3

- 1-8 Step right foot to right side step left next to right, step right foot to right side, step left foot next to right foot, step left foot to left side, step right next to left, step left foot to left side, step right next to left

BREAK

After wall 5

Repeat variation, repeat 32 count intro 2 times to right and left side

1-8 Step right foot to right side step left next to right, step right foot to right side, step left foot next to right foot, step left foot to left side, step right next to left, step left foot to left side, step right next to left

1-16 Right side shuffle, rock step, heel twist and jazz squares

17-32 Left side shuffle, rock step, heel twist and jazz squares

Add 2 slow heel twists to right and left, begin chorus again
