

It Bangs!

Count: 32

Wand: 4

Ebene: Improver

Choreograf/in: Matthew Dewsbury (UK)

Musik: She Bangs - Ricky Martin



STEP, HITCH, FORWARD SHUFFLE, HIP BUMPS X 4

- 1-2 Step right foot forward, hitch left
- 3&4 Shuffle forward on left-right-left
- 5-8 Step right foot forward diagonally to the right and bump hips forward-back-forward-back

BACK SHUFFLE, FULL TURN, COASTER STEP, HEEL DIG TWICE

- 9&10 Shuffle back on right-left-right
- 11-12 Full turn back turning left on left-right
- 13&14 Step back left, step right beside left, step forward left
- 15-16 Dig right heel forward twice

TOE TOUCH SIDE, TOGETHER, FORWARD SHUFFLE, STOMP, HOLD BODY ROLL

- 17-18 Touch right toe to right side, touch right back next to left
- 19&20 Forward shuffle on right-left-right
- 21-22 Stomp left foot forward, hold
- 23-24 Body roll over two counts

HEEL SWITCHES X 3, DOUBLE CLAP, HEEL SWITCHES ¼ TURN RIGHT, BACK TOGETHER

- 25&26& Touch right heel forward, step right beside left, touch left heel forward, step left next to right
- 27&28 Touch right heel forward, clap twice
- &29&30 Step right beside left, touch left heel forward, step left beside right, touch right heel forward (making ¼ turn as you do the switches)
- 31-32 Step right foot back, step left next to right transferring weight to left

REPEAT

TAG

After walls 5 & 10

- 1-2 Kick forward right, kick forward to right side
- 3&4 Step back right, step left beside right, step forward right
- 5-6 Kick forward left, kick forward to left side
- 7&8 Step back left, step right beside left, step forward left

BREAK

After the 12th wall there is a 4 count break. Small step diagonally to right and bump hips forward-back-forward-back.
