

# Bang

Count: 32

Wand: 2

Ebene: Intermediate/Advanced

Choreograf/in: Jo Everhart (USA)

Musik: She Bangs - Ricky Martin



## STEP, SIT, STAND, SIT (BUTT AND BUST MOVEMENT)

- 1-2 Step right foot back slightly, bend knees as you lower into a sitting position (weight will remain on right foot)
- 3-4 Stand up as you shift weight forward to left foot, bend knees as you lower into a sitting position shifting weight back onto right foot.

## STAND, STEP, TURN AND STEP, STEP-SLIDE

- 5-6 Stand up as you shift weight forward onto left foot, step right foot to right
- 7-8& Turn  $\frac{1}{4}$  wall to left as you step forward on left foot, step forward on right foot, slide left foot up next to right heel (5th position)

## SKATE RIGHT, SKATE LEFT, SKATE RIGHT, ROCK & RECOVER

- 9-10 Step forward at right diagonal on right foot making a skate motion, step forward at left diagonal on left foot making a skate motion
- 11-12& Step forward at right diagonal on right foot making a skate motion, rock on left foot behind right foot, recover weight onto right foot

## STEP, HITCH, TURN AND KICK, CROSS AND STEP

- 13-14 Step left foot to left, hitch right knee up
- 15-16& Turn  $\frac{1}{4}$  wall to right as you kick right foot forward, cross right foot over left, step back on left foot

## STEP, TOE TOUCH, KICK, CROSS AND STEP

- 17-18 Step right foot to right, touch left toe next to right foot
- 19-20& Kick left foot forward, cross left foot over right foot, step back on right foot

## STEP, KNEE POP, KNEE POP, STEP

- 21-22 Step left foot to left (shoulder width apart), pop right knee forward as you lift right foot up onto toe
- 23-24 Lower right heel as you pop left knee forward and lift left foot up onto toe, step left foot next to right foot

## STEP, TOUCH, SWEEP, TOUCH

- 25-26 Step right foot to right, touch left toe next to right foot.
- 27-28 Sweep left foot counter-clock-wise as you make a  $\frac{1}{2}$  wall left turn, touch left toe next to right foot

## STEP, STEP AND SLIDE, STEP, STEP

- 29-30& Step forward on left foot, step forward on right foot, slide left foot up behind right heel (5th position)
- 31-32 Step forward on right foot, step left foot to left

## REPEAT

## TAG

At the end of the fifth and tenth rotations.

## STEP, SWEEP, STEP, SWEEP

- 1-4 Step right foot back, sweep left foot around to the left from front to back for three counts

5-8 Step back on left foot, sweep right foot around to the right from front to back for three counts

**After the 12th rotation**

**STEP, SIT, STAND, SIT--REPLACE COUNT ONE**

1-4 This is the first original 4 counts of the dance (step, sit, stand, sit)

5 Stand up, which will replace the first step of the dance which is the step back. From here you resume the sit and stand on counts 2 and 3, etc

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