

Bang Da Bang

Count: 0

Wand: 1

Ebene: Intermediate/Advanced

Choreograf/in: Edna Tan (MY)

Musik: She Bangs - Ricky Martin



Sequence: AA, BCC, TAG, AA, BCC, TAG, A, B, Hold for 4 beats, CC, A to the end

PART A

Song verse

WEAVE, RONDE, ROCK

- 1-4 Right step to right side, left cross over right, right step to right side, left cross behind right
5-6 Right ronde, lock behind left
7&8 Right lock behind left, left step forward, right lock behind left

SAILOR, GRAPEVINE

- 9&10 Cross left behind right, step right to right side, step left to place
11&12 Cross right behind left, step left to left side, step right to place
13-16 Step left to left side. Cross right behind left, step left to left side, touch right next to left

TRIPLE FULL TURN, PIVOT ½ TURN, COASTER

- 17-20 Turn ¼ right step forward right, turn ½ right stepping back on left, turn ¼ right forward, left step forward
21-22 Step forward right on ball of foot and pivot ½ turn left, step forward left
23&24 Step right back, step left next to right, step right forward

TRIPLE FULL TURN, PIVOT ½ TURN, COASTER

- 25-28 Turn ¼ left step forward left, turn ½ left stepping back on right, turn ¼ left forward, step right forward
29-30 Step forward left on ball of foot and pivot ½ turn right, step forward right
31&32 Step back left, step right next to left, step left forward

PART B

Song bridge

WEAVE

- 33-36 Step right to right side, step left behind, step right to right side, left cross over right
37&38& Step right to right side, step left behind, step right to right side, left cross over right
39&40 Step right to right side, step left behind right, step right ¼ right

ROCK, HOP TOE TOUCHES, HITCH, ¼ TURN

- 41-44 Rock left forward, recover right, step left back, right leg hitch, ¼ turn weight on left
45&46& Touch right toe to right side, step right next to left, touch left toe to left side, step left next to right
47&48 Touch right toe to right side, step right next to right, touch left toe to left side

ROCK, SHUFFLE, MONTEREY, WALKING STEPS

- 49-50 Rock left forward, step right back
51&52 Step left back, step right front of left, step left back
53-56 Touch right to right side. On ball of left make ½ turn right, stepping right next to left, take a large step left to left side, glide right next to left, making ¼ turn left
57-58 Step right forward, hold
59-60 Step left forward, hold
&62 Step right next to left, step left on place

63-64 Step right facing right diagonal, step left facing left diagonal

PART C

Song chorus

SHUFFLES, HIP ROLLS, CHA-CHAS

65-68 Step right to right side, left next to right, right to right side, hold
69-72 Step left to left side, right next to left, left to left side, hold
73-80 Four hip rolls
81-82 Rock forward on right, replace weight on left
83-84 Step back on right, step left next to right, step back on right
85-86 Rock back on left, replace weight on right
87&88 Step forward on left, step right next to left, step forward on left

FOUR ¼ TURNING PIVOTS WITH HIP SWINGS

89-90 Step forward on right, pivot ¼ turn left
91-92 Step forward on right, pivot ¼ turn left
93-94 Step forward on right, pivot ¼ turn left
95-96 Step forward on right, pivot ¼ turn left

TAG

TWO MAMBO STEPS

97-98 Step right to right side, hold
99-100 Step left behind right, recover on right
101-102 Step left to left side, hold
103-104 Step right behind left, recover on left
