

All Banged Out!

Count: 0

Wand: 4

Ebene: Intermediate/Advanced

Choreograf/in: Sharon Walton (UK)

Musik: She Bangs - Ricky Martin



Sequence: AAA, TAG 1, A, A(1-32), TAG 1, A, TAG 2, A to the end

PART A

CHASSE RIGHT, ROCK AND RECOVER, CHASSE LEFT, ROCK AND RECOVER

- 1&2 Step right to right side, close left beside right, step right to right side
3-4 Rock back on left, rock forward on right
5&6 Step left to left side, close right beside left, step left to left side
7-8 Rock back on right, rock forward on to left

Advanced option:

CHASSE RIGHT, CROSS, FULL UNWIND, CHASSE LEFT, CROSS, FULL UNWIND

- 1&2 Step right to right side, close left beside right, step right to right side
3-4 Cross left over right, unwind full turn right
5&6 Step left to left side, close right beside left, step left to left side
7-8 Cross right over left, unwind full turn left

TOE STRUTS FORWARD WITH "FURIOUS" SHIMMY, KICK BALL CHANGE, TOUCH, BODY ROLL

- 9-10 Touch right toe forward, drop right heel (shimmy)
11-12 Touch left toe forward, drop left heel (shimmy)
13&14 Kick right foot forward, step ball of right back, step forward left
15-16 Touch right toe forward, bend knees and body roll over two counts

RIGHT MONTEREY TURN, PENDULUM SWING, CROSS, UNWIND, JUMP STEPS

- 17-18 Touch right to right side, on ball of left make ½ turn right stepping right beside left
19&20 Touch left to left side, step left beside right, touch right to right side
&21 Step right beside left, touch left to left side
22-23 Cross left over right, unwind ½ turn right
&24 Step small step forward right, step small step forward left (feet should be slightly apart)

STEP, SLIDE, STEP, CLAP (TWICE)

- 25-26 Step right diagonally forward, slide left beside right
27-28 Step right diagonally forward, clap
29-30 Step left diagonally forward, slide right beside left
31-32 Slide left diagonally forward, clap

Advanced option

STEP, SLIDE, STEP WITH FORWARD SHOULDER BODY ROLLS (TWICE)

- 25-26 Step right diagonally forward, slide left beside right
27-28 Step right diagonally forward, tap left beside right (make a snake movement with your body, by rolling your shoulders forward & returning to an upright position)
29-30 Step left diagonally forward, slide right beside left
31-32 Step left diagonally forward, tap right beside left (make a snake movement with your body, by rolling your shoulders forward & returning to an upright position)

JUMPING STEPS FORWARD, SHOULDER POPS X3, SAILOR ¼ TURN LEFT, JUMPING STEPS FORWARD, CLAP

- &33 Step left forward, step right forward (bend knees, place hands on thighs)
34-35 Pop right shoulder to right, pop left shoulder to left
36-37 Pop right shoulder to right, cross left behind right

- &38 Step right ¼ turn left, step back on left
&39-40 Step forward left, step forward right, clap hands

CROSS ROCK, STEP TOUCH TWICE (WITH CUBAN HIP MOVEMENT), CHASSE RIGHT

- 41-42 Cross rock right over left, rock back on left
43-44 Step right to right side, touch left beside right
45-46 (Use Cuban hips) step right to right side, step left beside right
47&48 (Use Cuban hips) step right to right side, close left beside right, step right to right side

Advanced option

CROSS ROCK, FULL TURN RIGHT TWICE, CHASSE RIGHT

- 41-42 Cross rock right over left, rock back on left
43-44 On ball of left spin ½ turn right stepping forward right, on ball of right spin ½ turn right stepping back left
45-46 On ball of left spin ½ turn right stepping forward right, on ball of right spin ½ turn right stepping back left
47&48 Step right to right side, close left beside right, step right to right side

ROCK & RECOVER, HEEL AND CROSS, STEP, KNEE POP, HIP CIRCLES

- 49-50 Rock back on left, rock forward on right
51&52 Touch left heel diagonally forward, step left beside right, cross right over left
53-54 Step left to left side, pop right knee towards left knee (push left hip out)
55&56 Circle hips in figure of 8 movement moving right to left

CROSS ROCK, STEP, POINT WITH KNEE BEND, SYNCOPATED GRAPEVINE LEFT WITH "FURIOUS" SHIMMY

- 57-58 Cross rock right over left, rock back on left
59-60 Step right to right side, bend right knee
61-62 Point left foot back (lean forward from waist), step left to left side
&63-64 Cross right behind left, step left to left side, cross right over left

REPEAT

TAG 1

To be danced after 3rd and 5th repetition

ROCK & RECOVER, COASTER STEP, ROCK & RECOVER, COASTER STEP

- 1-2 Rock forward on right, rock back on left
3&4 Step back right, step left beside right, step forward right
5-6 Rock forward on left, rock back on right
7&8 Step back left, step right beside left, step forward left

TAG 2

To be danced on 6th wall only

STEP, TAP, SHIMMY TWICE

- 1-2 Step right foot forward, tap left beside right (shimmy)
3-4 Step left foot forward, tap right beside left (shimmy)
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