

She Bangs

Count: 56

Wand: 1

Ebene: Improver

Choreograf/in: Totoy Pinoy (USA) - June 2011

Musik: She Bangs - Ricky Martin



Start dancing on lyrics

SIDE TOUCHES, POINT-CROSS (4X)

- 1-4 Touch R to side out-in-out, step R together
- 5-8 Touch L to side out-in-out, step L together
- 9-10 Touch R to side, cross R over L
- 11-12 Touch L to side, cross L over right
- 13-16 Repeat 9-12

SIDE CHASSE-ANGLED BACK ROCK

- 1&2 Step R to side, slide L together, step R to side
- 3-4 Turn 1/8 left and rock L back, recover to R and turn 1/8 right
- 5&6 Step L to side, slide R together, step L to side
- 7-8 Turn 1/8 right and rock R back, recover to L and turn 1/8 left
- 9-16 Repeat 1-8

KICK BALL CHANGE (2X), TOE STRUTS, FORWARD STEPS, BACK STEPS

- 1&2 Kick R forward, step ball of R together, step L in place
- 3&4 Repeat 1&2
- 5-6 Step R toe forward, drop R heel
- 7-8 Step L toe forward, drop L heel
- 9-12 Step forward R, L, R, kick L forward
- 13-16 Step back L, R, L, touch R to side

ROLLING VINE TO RIGHT, ROLLING VINE TO LEFT

- 1-2 Step R in place and turn 1/4 right, step L forward and turn 1/4 right
- 3-4 Step R back and turn 1/2 right, touch L to side
- 5-6 Step L in place and turn 1/4 left, step R forward and turn 1/4 left
- 7-8 Step L back and turn 1/2 left, touch R together

REPEAT

RESTART: On wall 8, restart after count 12