

She Bangs

Count: 64

Wall: 4

Level: Intermediate

Choreographer: Laurel Ingram (UK)

Music: She Bangs - Ricky Martin



SIDE STEP CHASSE RIGHT ½ TURN PIVOT RIGHT ¼ TURN PIVOT RIGHT

- 1-2 Step right foot to right side, step left foot beside right
- 3&4 Step right to right side, step left together, step right
- 5-6 Step forward left pivot ½ turn right
- 7-8 Step forward left pivot ¼ turn right

SIDE STEP CHASSE LEFT ½ TURN PIVOT LEFT ¼ TURN PIVOT LEFT

- 9-10 Step left to left side, step right foot beside left
- 11&12 Step left to left side, step right together, step left
- 13-14 Step forward right pivot ½ turn left
- 15-16 Step forward right pivot ¼ turn left

WALKS FORWARD & BACK

- 17-18 Step right foot forward, step left foot beside right. (circling hips to the right)
- 19-20 Step right foot forward, step left foot beside right. (circling hips to the right)
- 21-24 Walk back right left, right, left (shimmying shoulders)

CROSS ROCK & ¾ TRIPLE TURN, FORWARD WALKS

- 25-26 Cross right foot over left, recover back left
- 27&28 Triple step (right-left-right) ¾ turn over right shoulder
- 29-32 Step forward left, right, left, touch right foot beside left (shimmying shoulders)

RIGHT & LEFT SAILOR STEP, 2 ¼ PIVOT TURNS

- 33&34 Cross right foot behind left, rock left to left side, step right to right side
- 35&36 Cross left foot behind right, rock right to right side, step left to left side
- 37-38 Step right foot forward ¼ pivot turn left, (circling hips to the left)
- 39-40 Step right foot forward ¼ pivot turn left (circling hips to the left)

RIGHT & LEFT SAILOR STEP, 2 ¼ PIVOT TURNS

- 41&42 Cross right foot behind left, rock left to left side, step right to right side
- 43&44 Cross left foot behind right, rock right to right side, step left to left side
- 45-46 Step right foot behind left ¼ pivot turn right (circling hips to the right)
- 47-48 Step right foot behind left ¼ pivot turn right (circling hips to the right)

FORWARD MOVING ROCK CROSS STEPS ROCK FORWARD & BACK

- 49&50 Rock right to right side, rock weight onto left in place, step right forward across left
- 51&52 Rock left to left side, rock weight onto right in place. Step left forward across right
- 53&54 Rock forward right rock back onto left, step right beside left
- 55&56 Step left back rock forward onto right, step left beside right

BACK LOCK STEPS, STOMP, KICK & FULL TURN

- 57&58 Step right back, lock left across right, step back right
- &59 Lock left across right, step back right
- &60 Lock left across right, step back right
- 61 Stomp left foot beside right

62-64

Kick right foot to right side, cross right foot across left with a full turn over left shoulder weight ending on left foot)

REPEAT
