

She Bang!

Compte: 32

Mur: 2

Niveau: High Improver

Chorégraphe: YoungSoon Song (KOR) - July 2020

Musique: She Bangs - Ricky Martin



Intro : After 64counts

T1: 8 counts Tag1 : after wall 5(6:00), wall 10(12:00)

T2: 4 counts Tag2 : after wall 12(12:00)

Tag1: SIDE-TOUCH x4

- 1-2 RF Step R(1), BF Sitting down R with weight on RF(2)
- 3-4 LF Step L(3), BF Sitting down L with weight on LF(4)
- 5-6 RF Step R(5), BF Sitting down R with weight on RF(6)
- 7-8 LF Step L(7), BF Sitting down L with weight on LF(8)

Tag2: PADDLE FULL TURN L

- 1&2& RF Touch 1/4 Turn L(9:00)(1), LF Recover(&), RF Touch 1/4 Turn L(6:00)(2), LF Recover(&)
- 3&4& RF Touch 1/4 Turn L(3:00)(3), LF Recover(&), RF Touch 1/4 Turn L(12:00)(4), LF Recover(&)

S1: SIDE, 1/8 TURN L WITH FLICK, CROSS SHUFFLE, SIDE, 1/8 TURN R WITH FLICK, CROSS SHUFFLE

- 1-2 RF Step R(1), LF Step 1/8 Turn L with RF Flick(10:30)
- 3&4 RF Step Forward(3), LF Cross Behind(&), RF Step Forward(4)
- 5-6 LF Step 1/8 Turn R(12:00)(5), RF Step 1/8 Turn R with Flick(1:30)(6)
- 7&8 LF Step Forward(7), RF Cross Behind(&), LF Step Forward(8)

S2: SIDE ROCK, RECOVER, TOGETHER, SIDE ROCK, RECOVER, TOGETHER, WALK FORWARD X4 WITH SHIMMY

- 1-2& RF Step 1/8 Turn L(1)(12:00), LF Recover Weight(2), RF Step Together(&)
- 3&4 LF Step L(3), RF Recover Weight(&), LF Step Together(4)
- 5-6 RF Step Forward with Shimmy(5), LF Step Forward with Shimmy(6)
- 7-8 RF Step Forward with Shimmy(7), LF Step Forward with Shimmy(8)

S3: SAILOR STEP X2, 1/4 TURN L, TOUCH, PUSH KNEE IN PLACE L-R, KICK BALL STEP

- 1&2& RF Cross Behind(1), LF Step Together(&), RF Step R(2), LF Cross Behind(&)
- 3&4 RF Step Together(3), LF Step 1/4 Turn L(9:00)(&), RF Touch Beside LF(4)
- 5-6 RF Step In Place with LF Band Knee(5), LF Step In Place with RF Band Knee
- 7&8 RF Kick Forward(7), RF Step Together(&), LF Step Forward(8)

S4: 1/4 PADDLE TURN L, CROSS OVER, SIDE, HIPS DOWN-UP x2

- 1&2& RF Step R(1), LF Recover(&), RF Step 1/8 Turn L(7:30)(2), LF Recover(&)
- 3&4 RF 1/8 Turn L(6:00)(3), LF Recover(&), RF Touch R(4)
- 5-6 RF Cross Over(5), LF Step L(6)
- 7&8& BF Knee Band with Sit Hips to the Right(7), BF Knee Straight with Stand up Hips to the Left(&), BF Knee Bend with Sit Hips to the Right(8), BF Knee Straight with Stand up Hips to the Left(&)