

# Bang My Head

拍数: 64      墙数: 2      级数: Intermediate  
编舞者: Nathan Gardiner (SCO) - April 2016  
音乐: Bang My Head (feat. Sia & Fetty Wap) - David Guetta



## Intro: 16 counts

### S1: Step Back, Drag, Ball Step, Step Forward, Cross Samba, Cross Samba

1-2&      Step back on R, Drag L towards R, Step L next to R  
3-4      Step forward on R, Step forward on L  
5&6      Cross R over L, Rock out to L side, Recover on R  
7&8      Cross L over R, Rock out to R side, Recover on L

### S2: Mambo Step, Coaster Step, Step ¼ L, Cross Shuffle

1&2      Rock forward on R, Recover on L, Step back on R  
3&4      Rock forward on L, Recover on R, Step back on L  
5-6      Step forward on R, ¼ L  
7&8      Cross R over L, Step L to L side, Cross R over L

### S3: Side Mambo, Side Mambo, Side L, Together, Chasse ¼ L

1&2      Rock out to L side, Recover on R, Step L next to R  
3&4      Rock out to R side, Recover on L, Step R next to L  
5-6      Step L to L side, Step R next to L  
7&8      Step L to L side, Step R next to L, ¼ L stepping forward on L

### S4: Kick & Point, Kick Ball Touch, Reverse Rocking Chair

1&2      Kick R forward, Step R next to L, Point L to L side  
3&4      Kick L forward, Step L next to R, Touch R next to L  
5-6      Rock back on R, Recover on L  
7-8      Rock forward on R, Recover on L

### S5: Back, Touch & Bump, Back, Touch & Bump, Back, Touch & Bump, & Touch, & Touch

&1&2      Step back on R diagonal, Touch L next to R, Bump hips to L diagonal, Bump hips back to centre  
&3&4      Step back on L diagonal, Touch R next to L, Bump hips to R diagonal, Bump hips back to centre  
&5&6      Step back on R diagonal, Touch L next to R, Bump hips to L diagonal, Bump hips back to centre  
&7&8      Step L next to R, Touch R forward, Step R next to L, Touch L forward

### S6: Ball Cross, Side L, Sailor Step, Cross, Side R, Behind, Side, Cross

&1-2      Step L next to R, Cross R over L, Step L to L side  
3&4      Step R behind L, Step L to L side, Step R to R side  
5-6      Cross L over R, Step R to R side  
7&8      Step L behind R, Step R to R side, Cross L over R

### S7: Side Rock, Recover, Behind, ¼ L, Step Forward, Rock Forward, Recover, ¼ L Chasse

1-2      Rock out to R side, Recover on L  
3&4      Step R behind L, ¼ L stepping forward on L, Step forward on R  
5-6      Rock forward on L, Recover on R  
7&8      ¼ L stepping L to L side, Step R next to L, Step L to L side

### S8: Sailor Step, Behind, Side, Cross, Rock Forward, Recover, ½ R, Step Forward

1&2 Step R behind L, Step L to L side, Step R to R side  
3&4 Step L behind R, Step R to R side, Cross L over R  
5-6 Rock forward on R, Recover on L  
7-8 ½ R stepping forward on R, Step forward on L

**Restart: On wall 3 after 32 counts**

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