

# Bang My Head

拍数: 64      墙数: 2      级数: Intermediate

编舞者: Stephen & Lesley McKenna (SCO) - April 2016

音乐: Bang My Head (feat. Sia & Fetty Wap) - David Guetta : (Album: Now that's what I call music! 93)



Intro:- 16 counts, start on the word 'Bound' when she sings ' I was Bound'

## Section 1: R side, touch, behind, side, L cross shuffle, R cross shuffle, ball, rock, recover

1-2            Step R to R side, touch L toe next to R  
3&            Step L behind R, small step R to R side  
4&5           Cross L over R, small step R to R side, cross L over R  
6&7           Cross R over L, small step L to L side, cross R over L  
&8-1          Small step L to L side, rock forward R into L diagonal, recover L

## Section 2: R coaster step, ball, step, L samba, R samba

2&3           Turn 1/8 L stepping back R, step L next to R, step forward R (9 O'clock)  
&4            Small step L next to R, step forward R  
5&6           Cross L over R, step R to R side, step L in place  
7&8           Cross R over L, step L to L side, step R in place (Travel forward slightly with Sambas)

## Section 3: Cross, unwind ½ R, behind, unwind ½ R, L shuffle forward, R shuffle back

1-2           Cross L over R, unwind ½ R (weight on L)  
3-4           Tuck R behind L, unwind ½ R (weight on R – 9 O'clock)  
5&6           Step forward L, step R next to L, step forward L  
7&8           Step back R, step L next to R, step back R

## Section 4: Ball, cross, unwind ¾ L, side rock, recover, behind, ¼ R, step, R sailor ¼ R

&1-2          Step L next to R, cross R over L, unwind ¾ L (weight on R – 12 O'clock)  
3-4           Rock L to L side, recover R  
5&6           Step L behind R, turn ¼ R stepping R, step forward L (3 O'clock)  
7&8           Step R behind L, turn ¼ R stepping L to L side, step R to R side (6 O'clock) \*Restart

## Section 5: ¼ L flick, R shuffle forward, step, pivot ½ R, touch, L shuffle forward, step, pivot ¾ L, touch

1            Turn ¼ L stepping L as you flick R heel up (3 O'clock)  
2&3          Step forward R, step L next to R, step forward R  
4&5          Step forward L, pivot ½ R stepping R, touch L next to R (9 O'clock)  
6&7          Step forward L, step R next to L, step forward L  
8&1          Step forward R, pivot ¾ L stepping L, touch R next to L (12 O'clock)

## Section 6: R shuffle forward, step, pivot ½ R, touch, L extended step lock

2&3          Step forward R, step L next to R, step forward R  
4&5          Step forward L, pivot ½ R stepping R, touch L next to R (6 O'clock)  
6&7          Step forward L, lock R behind, step forward L  
&8          Lock R behind L, step forward L

## Section 7: R side shuffle, hinge ½ L, R side shuffle, hinge ½ L, R mambo

1&2          Step R to R side, step L next to R, step R to R side  
3            Hinge ½ L stepping L to L side (12 O'clock)  
4&5          Step R to R side, step L next to R, step R to R side  
6            Hinge ½ L stepping L to L side (6 O'clock)  
7&8          Step forward R, step L in place, step R next to L

**Section 8: Ball, toe strut, ball, cross, point, L sailor step, R sailor step, ball**

&1-2 Small step back L, touch R toe back, drop R heel (weight on R)

&3-4 Small step L next to R, cross R over L, point L toe to L side

5&6 Step L behind R, step R to R side, step L to L side

7&8& Step R behind L, step L to L side, step R to R side, step L next to R

**\*Restart – During wall 3, dance section 4 then step L next to R and restart the dance. You will be facing 6 O'clock for restart.**

**Enjoy!**

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