

Boom Banga Banga

拍数: 32 墙数: 4 级数: High Improver
编舞者: Barbara Seelt (NL) & Adam Åstmar (SWE) - May 2018
音乐: Buzzkill - FO&O



Intro: 16 Counts (approx. 6 seconds)

Sect – 1: R Scuff. R Step. R Heel Swivel. Lean L, R, L, R

- 1 – 2 (1) Scuff RF forward. (2) Step forward on RF.
- 3 – 4 (3) Swivel R heel to the right. (4) Swivel R heel back in place.
- 5 – 6 (5) Turn upper body slightly to the left diagonal and lean back on L. (6) Hold.
- 7 – 8 (7) Keep body to the diagonal and lean forward on R. (8) Lean back on L.
- 1 (1) Lean forward on R.

Option counts 5-1: Use shoulders pushing back-forward and follow the chorus to lower upper body slightly down

Sect – 2: L Hitch Forward. L Rock Forward. R Recover. L Back. 1 / 4 Hitch. R Big Side Step. L Drag

- 2 – 3 (2) Hitch L forward. (3) Rock forward on LF.
- 4 – 5 (4) Recover on RF. (5) Step back on LF.
- 6 – 7 (6) Turn 1 / 4 to the right while hitching R. (7) Take a big step to the right. {3:00}
- 8 (8) Drag LF to RF

Sect – 3: L Cross. R Side. L Behind. 1 / 4 R. L Forward. 1 / 4 Pivot Turn R. Heel bounce x2

- 1 – 2 (1) Cross LF over RF. (2) Step to the right on RF.
- 3 – 4 (3) Step LF behind RF. (4) Turn 1 / 4 to the right stepping forward on RF. {6:00}
- 5 – 6 (5) Step forward on LF. (6) Pivot turn 1 / 4 to the right ending with weight on both feet, shoulder width apart. {9:00}
- 7 – 8 (7, 8) Bounce heels twice.

Sect – 4: R Stomp Diagonally Back. Hitch L & Swipe Hands. L Stomp Diagonally Back. Hitch R & Swipe Hands

- 1 – 2 (1) Stomp diagonally back on RF. (2) Hitch L and turn slightly to the left diagonal, swipe hands, right going down and left going up.
- 3 – 4 (3) Keep L hitched and swipe hands, right going up and left going down. (4) Stomp diagonally back on LF.
- 5 – 6 (5) Hitch R and turn slightly to the right diagonal, swipe hands, right going down and left going up. (6) Keep R hitched and swipe hands, right going up and left going down.
- 7 – 8 (7) Rock back on RF. (8) Recover on LF.

Tag 1 after wall 2: Repeat last 8 countsn of the dance.

Tag 2 after wall 10: Rocking Chair.

- 1 – 2 (1) Rock forward on RF. (2) Recover on LF.
- 3 – 4 (3) Rock back on RF. (4) Recover on LF.

Have fun!

Contact: adam.astmar@gmail.com, barbaraseelt@gmail.com