

# Metronome

拍数: 32                      墙数: 2                      级数: Intermediate  
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音乐: Bang! - AJR



## Out-Out And Cross and Sweep, Behind Side Cross, Side ¼ L Touch, Side ¼ L Touch, Side Together, Touch and Touch

&1&2                      Heel R out (&), Heel L out (1), Step R back (&), Cross L over R (2),  
&3                              Step R to R (&), Step L behind R and Sweep R behind L (3),  
4&a5                      Step R behind L (4), Step L to L (&), Cross R over L (a), Step L to L (5)  
&6&                      ¼ L and Touch R next L (&), Step R to R (6), ¼ L Touch L next R (&)  
7&8&a                      Step L to L (7), Step R next L (& Touch L to L (8) Touch L next R (&), Touch L to L (a),

**Tag: here after wall number 5 then start the dance !**

## Step, Touch, Sweep ¼ L Behind Side Cross, Step ¼ L Walk-Walk-Walk, ½ R Kick

1-2                      Step L forward (1), Touch R forward (2),  
3-4&a                      Step R back and Sweep L doing ¼ L (3), Step L behind R (4), Step R to R (&), Cross L over R (a)  
5-6&7                      Step R to R ¼ L (5), Walk L,R,L forward (6&7),  
8                              While on L make a ½ R and Kick R forward (8),

## And Cross and Kick, And Cross and Kick, and Kick and Kick and Kick and Step Turn ¼ L Step.

&1&2                      Step R to R (&), Cross L over R (1), Step R to R (&), Kick L to L diagonal (2),  
&3&4                      Step L to L (&), Cross R over L (3), Step L to L (&), Kick R to R diagonal (4),  
&5&6&7                      Step R to R (&), Kick L to R diagonal(5), Step L across R (&), Kick R to R diagonal (6), Step R to R(&), Kick Left to the R diagonal (7), (Your body is facing the R diagonal during the kicks but your wall is 6 o'clock )

**Option : As you kick L to the diagonal, Raise R hand up and leave the L hand down, when you kick with the R do the opposite, Charleston Style !!!!**

&8&1                      Step L over R (&), Step R to R (8) ¼ L Step L forward (&), Step R forward (1).

## ¼ R Step, ¼ R Step, Cross, Rock and Cross, Kick ball Lock, Unwind ¾ L

2&3                      ¼ R Step L to L (2), ¼ R Step R to R (&), Cross L over R (3),  
4&5                      Rock R to R (4), Recover on L (&), Cross R over L (5)  
6&7                      Kick L to L diagonal (6), Step L to L (&), Lock R behind L (7)  
8                              Unwind ¾ R weight is on your L (8)

**TAG: Wall 5 after 8 counts**

## Walk, Walk, ½ L , Touch

1-2                      Walk L forward (1), Walk R forward (2),  
3-4                      ½ L and Step L Forward (3), Touch R next L (4)

**Smile and Start again ! You did a great job !**