

Bang!

拍数: 32 墙数: 2 级数: Beginner
编舞者: Laura Rittenhouse (AUS) - February 2021
音乐: Bang! - AJR



Note, this dance is at the half-time beat of 70 BPM
Start after 8 beats

S1: WALK FWD R, L, MAMBO R FWD; WALK FW, L, R, MAMBO L FWD

1,2,3&4 Step fwd on R, Step fwd on L, Rock fwd on R, Recover on L, Step R beside L

5,6,7&8 Step fwd on L, Step fwd on R, Rock fwd on L, Recover on R, Step L beside R

S2: DOUBLE TIME VINE BACK AT DIAGONALS R, L, R, L

1&2,3&4 Turn 1/8 stepping R to R (on back R diagonal) (1:30), Cross L behind R, Step R to R; Turn 1/4 L stepping L to L (on back L diagonal) (10:30), Cross R behind L, Step L to L

5&6,7&8 Turn 1/4 stepping R to R (on back R diagonal) (1:30), Cross L behind R, Step R to R; Turn 1/4 L stepping L to L (on back L diagonal) (10:30), Cross R behind L, Squaring to 12:00 step L to L

S3: WEAVE L & R

1,2,3,4 Cross R over L, Step L to L, Cross R behind L, Point L to L

5,6,7,8 Cross L over R, Step R to R, Cross L behind R, Point R to R

S4: 1/2 ROCKING TURN DOUBLE TIME R & L; SIDE ROCK R, L, DOUBLE TIME SIDE ROCK R,L,R,L

1&2,3&4 Rock R over L (9:00), Recover L, Rock R over L; Rock L (6:00), Recover R, Rock L

5,6,7&8& Side rock R to R, Side Rock L to L, Quick side rocks R, L, R, L