

Bang

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Hiroko Carlsson (AUS) - April 2021
音乐: Bang! - AJR : (Spotify)



(16 counts intro)

[S1] R Diagonal Hitch-&-Hitch-&-Switch, L Diagonal Hitch-&-Hitch-&-Switch (Square up to 12:00)

- 1 2 Body angled to 1:30 (optional- chest pop as you hitch) - Slightly stepping back on L/Hitch R foot, Step down/recover weight on R
- 3&4 Slightly stepping back on L/Hitch R foot, Step down/recover weight on R, Step L in place to the centre (12:00)
- 5 6 Body angled to 10:30 (optional- chest pop as you hitch) - Slightly stepping back on R/Hitch L foot, Step down/recover weight on R
- 7&8 Slightly stepping back on R/Hitch L foot, Step down/recover weight on L, Step R in place to the centre (12:00)

[S2] Step-Pivot 1/2R, Fwd-Out-Out, 2x Heel Out, Ball-Fwd

- 1 2 Step forward on L, Make a 1/2 turn right recover weight on R (6:00)
- 3&4 Step forward on L, Step out on R, Step out on L
- 5 6 Twist your body to the left/R heel swivel up to the right, Recover to the centre
- 7&8 Twist your body to the right/L heel swivel up to the left, Ball step on L to the centre, Step forward on R**

[S3] Flick-Hitch, Coaster Step, Flick-Hitch 1/4R, Back Rock

- 1 2 Flick L to the left, Hitch L knee forward
- 3 4 Step back on L, Step R next to L, Step forward on L
- 5 6 Flick R to the right, Hitch R knee forward whilst making a 1/4 turn right on ball of L foot (9:00)
- 7 8 Rock back on R, Recover weight on L

[S4] 1/2L w/ Hitch, Side, Punching Arm, Hold, Fwd-1/2L (Body - 3/8L face to the right corner at 10:30)

- 1 2 Make a 1/2 turn left swiftly stepping back on R, Step L to the side weight on both feet (3:00)
- 3 4 Punching arms over head R-L
- 5 6 Punch R arm straight out in front of your shoulder, Hold
- 7 8 Step forward on R, Make a 1/2 turn left on ball of R foot whilst hitching L knee (9:00)

-Body angled to 10:30.

Tag: At the end of Wall 8 (12:00) - Side, Hold, Punching Arm, Hold, Fwd-1/2L (6:00)

- 1 2 Step L to the side weight on both feet (12:00), Hold
- 3 4 Punching arms over head R-L
- 5 6 Punch R arm straight out in front of your shoulder, Hold
- 7 8 Step forward on R, Make a 1/2 turn left on ball of R foot whilst hitching L knee (6:00)

-Body angled to 7:30, starting Wall 9.

Restart on Wall 9 count 16 (12:00) -Body angled to 1:30.**

Ending Suggestion - The last wall starts at 6:00, dance up to count 31, then make a 3/4 turn left on ball of R foot (12:00), Step L to the side as you punch R arm straight out in front of your shoulder.

Please feel free to contact me if you need any further information. (hirokoclinedancing@gmail.com)
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