

Bang Bang Bang

拍数: 64 墙数: 2 级数: Phrased Improver
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音乐: BANG BANG BANG (Tik Tok Remix) - BIGBANG



Intro 32 counts

Sequence : AAABB Tag(2 counts) AAABB

A (32 counts)

A1. VINE, ROCKING CHAIR

1,2 Step RF to R, cross LF behind RF
3,4 Step RF to R, touch LF beside Rf
5,6 Rock LF forward, recover on RF
7,8 Rock LF back, recover on RF

A2. VINE, PIVOT ½ TURN L, PIVOT ¼ TURN L

1,2 Step LF to L, cross RF behind LF
3,4 Step LF to L, touch RF beside LF
5,6 Step RF forward, ½ turn L weight on LF
7,8 Step RF forward, ¼ turn L weight on LF

A3. CROSS, POINT TOUCH, JAZZ BOX ¼ TURN R

1,2 Cross RF over LF, touch LF to L
3,4 Cross LF over RF, touch RF to R
5,6 Cross RF over LF, step LF back
7,8 ¼ turn R step RF to R, step LF forward

A4. SIDE-TOGETHER-TOGETHER 2X, OUT-OUT, IN-IN

1&2 Step RF to R, close LF next to RF, step RF in place
3&4 Step LF to L, close RF next to LF, step LF in place
5,6 Step RF to R diagonal forward, step LF to L diagonal forward
7,8 Step RF back to center, close LF next to RF

B (32 counts)

B1. PUSH STEP TO SIDE, TRANSFER WEIGHT

1,2 Push LF to L (weight on LF with R elbow to R), move weight to RF with R elbow back
3,4 Move weight to LF with open R arm to R, move weight to Rf with R arm back to chest
5,6 Repeat 1-2
7,8 Move weight to LF with open R arm to R, touch RF beside LF (bring down R hand)

B2. STEP TOUCH, STEP SIDE WITH HIP ROLL, TOGETHER

1,2 Step RF to R, touch LF beside RF
3,4 Step LF to L, touch RF beside LF
5-7 Step RF to R with push hip to R, rotate the hips clockwise
8 Step LF together

B3. CHARLESTON STEP, PRESS FORWARD

1,2 Touch RF forward, step RF back
3,4 Touch LF back, step LF forward
5,6& Press RF forward, recover on LF, close RF next to LF
7,8 Press LF forward, recover on RF

B4. ½ TURN L WITH SHUFFLE, SIDE ROCK, JAZZ BOX CLOSE

1&2 ¼ turn L step LF to L, close RF next to LF, ¼ turn L step LF forward
3,4 Rock RF to R, recover on LF
5,6 Cross RF over LF, step LF back
7,8 Step RF to R, close LF next to RF

Tag (2 counts) STOMP IN PLACE

1,2 Stomp RF in place, stomp LF in place

Have Fun...
