

Bang Bang Holy Moly !

拍数: 96 墙数: 2 级数: Phrased Intermediate
编舞者: Hayley Wheatley (UK) - June 2024
音乐: Bang Bang - Holy Molly



Phrasing - AB CB AB CC BB

Section A (32 counts, Start facing 12)

[1-8] R Cross, L side, R behind sweep L, L behind, ¼R, R step ½R, hitch R

1,2 Cross R over L (1), Step L to left side (2),
3,4 Cross R behind L(3) Sweeping L from front to back (4)
5,6 Cross L behind R (5), ¼ right stepping fwd R (6), [3:00]
7,8 Step fwd on L (7) ½ right hitching R knee round from front to back (8) [9:00]

[9-16] R Rock back, Recover L, R Step, full Spiral left, L Step ½ left, Walk L R

1234 Rock back on R (1), Recover on L (2), Step fwd R (3), Full Spiral left (4)
5678 Step fwd L (5), ½ turn left step back on R (6), Walk fwd L (7), Walk fwd R (8) [3:00]

[17-24] Cross Rock, Recover R, L Side, Drag R, R Behind, ¼ left, R Cross, Unwind ½ left

1,2 Cross Rock L over R (1), Recover on R (2),
3,4 Step L to left side (3), Drag R towards L (4)
5,6 Cross R behind L (5), ¼ left stepping fwd left (6),
7,8 Cross R over L (7), Unwind ½ left (8) weight ends on L [6:00]

[25-32] Back ½ left, Sweep L, L Back, Sweep R, R Back, Together, Walk R, L

1,2 ½ left stepping back on R (1), sweep L from front to back (2) [12:00]
3,4 Step back on L (3), Sweep R from front to back (4)
5,6 Step back on R (5), Step L together next to R (6)
7,8 Walk fwd on R (7), Walk fwd on L (8)

Part B (32 counts, Start facing 12:00)

[1-8] R Kick out out, Skate R, Skate L, R Kick ball point L, Behind Side Cross

1&2 Kick R in front (1), Step R out to right side (&), Step L out to left side (2)
3,4 Skate R to right diagonal (3), Skate L to left diagonal (4)
5&6 Kick R in front (5), Step R next to L (&), Point L to left side (6)
7&8 Cross L behind R (7), Step R to right side (&), Cross L over R (8)

[9-16] And Collect, R Cross, ¼ ½ right, ¼ right Chase cross, ¼ left Back R, Back L

&1,2 Step R out to right diagonal (&), Step L next to R (1), Cross R over L (2)
3,4 ¼ right stepping back on L (3), ½ right stepping fwd on R (4) [9:00]
5&6 Step fwd L (5), ¼ right stepping side R (&), Cross L over R (6) [12:00]
7,8 ¼ left, stepping back R (7), Step back on L (8) [9:00]

[17-24] Out Out Ball Cross, Unwind, Hold, Out Out Ball Cross, Unwind, Hold

&1&2 Step R out to right side (&), Step L out to left side (1), Step Back on RF (&), Cross R over L (2)
3,4 Unwind ½ left (weight ends on L) (3), Hold (4) [3:00]
&5&6 Step R out to right side (&), Step L out to left side (5), Step Back on RF (&), Cross R over L (6)
7,8 Unwind ½ left (weight ends on L) (7), Hold (8) [9:00]

[25-32] R Heel grind, side, Ball L Heel grind, Side, Ball R Heel grind ¼R, Back, ½R, Close

1,2& Heel grind R over L (1), Step L to left side (2), Step R in place (&)

3,4& Heel grind L over R (3), Step R to right side (4), Step L in place (&)
5,6 Heel grind R to right side making a ¼ right (5), Step back on L (6) [12:00]
7,8 ½ right stepping R fwd (7), Close L next to R (8) [6:00]
(Hands on count 8; make a “gun” with right hand thumb and 2 fingers and “holster” your “gun” on your left hip)

Part C (32 counts, start facing 6:00)

[1-8] R Step, Hold, ¼ left pivot, Hold,(with hands) Cross, ¼ right, Sailor ¼ cross

1234 Step fwd R (1), Hold (2), ¼ pivot L (3), Hold (4) [3:00]

(Hands: “gun” to right hip (1), Point “gun” angled up next to right side of your head (2), point your arm fwd to “shoot” (3), Lower your “gun” (4))

5,6 Cross R over L (5), ¼ right stepping back L (6) [6:00]

7&8 Step R behind L (7), ¼ left stepping L to left side (&), Cross R over L (8) [9:00]

[9-16] Ball Cross, Side, Cross Shuffle (with arms), L Side Rock, Recover, Behind, ¼ right Step L

&1,2 Step L next to R (&), Cross R over L (1), Step L to left side (2)

3&4 Cross R over L (3), Step L to left side (&) Cross R over L (4)

(Arms: R hand in “gun” shape to left shoulder (count 1), “gun” to right Shoulder (count 2), Point “gun” out towards 12:00 with arm straight at shoulder height (counts 3&4)

5, 6 Rock L to left side (5), Recover on R (6), (Arms: Let arm rock upwards at right angle, still with hand in “gun” shape (count 5), lower “gun” (count 6)

7&8 Cross L behind R (7), ¼ right Stepping fwd R (&), Step fwd L [12:00]

[17-24] R Diagonal touch, L Diagonal touch, R Diagonal touch, L Side, 2 Sailor steps

&1&2 Step R to right diagonal (&), Touch L next to R (1), Step L to left diagonal (&), Touch R next to L (4)

&3,4 Step R to right diagonal (&), Touch L next to R (3), Step L to left side (4)

(Styling: pop chest out with touches)

5&6 Cross R behind L (5), Step L to left side (&), Step R to right side (6)

7&8 Cross L behind R (7), Step R to right side (&), Step L to left side (8)

[25-32] Paddle ¼ turn x2, Jazz box to touch

1,2 Step fwd ball of R (1), push ¼ left stepping L to left side (2) [9:00]

3,4 Step fwd ball of R (3), push ¼ left stepping L to left side (4) [6:00]

5678 Cross R over L (5), Step back L (6), Step R to right side (7), Close L next to R (8)

Ending

In last Section B after heel grind ¼ right add:

[7-9] ½, ½, Step Back, Pose and Shoot

7,8,9 ½ right stepping L back (7), ½ right R fwd(8), Step fwd on L (9!) [12:00]

(On last beat - count 9; place L hand on hip and make a “gun” with right hand thumb and 2 fingers then shoot fwd to finish)

hcwheatley@live.com
