

Shake Your Bon Bon

COPPERKNOB
STEPSHEETS

拍数: 48 墙数: 4 级数: Intermediate/Advanced
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音乐: Shake Your Bon-Bon - Ricky Martin



ROCK, RECOVER STEP, WALK TWICE, KICKBALL TOUCH TWICE

1&2 Rock left foot back recover onto right and step onto left
3-4 Walk forward right, left
5&6 Kick right foot forward, step onto the right and point the left foot to the left side
7&8 Kick left foot forward, step onto the left and point the right foot to the right side

ROCK, RECOVER, WEAWE, POINT, FULL MONTEREY TURN, STEP SWEEP

1&2 Rock right foot diagonally back behind left, recover weight onto left and step onto the right
&3&4 Step left behind right, step right to the side, step left in front of right and point the right to the right side
5-6 Turn a full turn back over the right shoulder and point the left foot to the left side
7&8 Step onto the left foot turning a quarter turn left and sweep the right foot round a half turn

In counts 5-6 you can miss out the full turn and step the right foot together and point the left foot to the left side

BUMP HIPS, ROCK AND SLIDE

1&2 Bump hips right left, right
3&4 Bump hips left, right, left
5&6 Bump hips right, left, right
7&8 Rock the left foot diagonally back behind the right, recover onto the right and slide to the left

STEP, CROSS, BACK LOCK BACK, FORWARD SHUFFLE, KICK OUT OUT QUARTER TURN

1-2 Step the right foot forward and cross the left over the right
3&4 Step the right foot back, step the left foot back across the right and step the right foot back
&5&6 Step the left foot back, step the right foot forward, step the left foot next to it and step the left foot forward
7&8 Kick the right foot forward, step a quarter turn to the left and step on the left and step the right foot shoulder width

ROLL HIPS, STEP, POINT, ROCK, RECOVER, SHUFFLE

1-2-3 Roll the hips in an anti to the right
&4 Step the right next to the left and point the left
5-6 Rock the left foot back and recover the weight on to the right
7&8 Step the left foot forward, step right behind left and step forward on left

STEP, HALF TURN, STEP, STEP QUARTER TURN STEP, POINT RIGHT TOGETHER POINT LEFT TOGETHER

1&2 Step right forward, turn a half turn over the left shoulder and step forward right
3&4 Step left forward, turn a quarter turn over the right shoulder and touch the right next to the left
5-6 Point the right to the right side step the right foot next to the left
7-8 Point the left foot to the left side and touch the left next to the right

REPEAT

TAG

On the second and fifth wall you miss out counts one and two at the start (the rock recover step)

