

Shake Your Bon-Bon

拍数: 40 墙数: 4 级数: Intermediate
编舞者: Joanna Alyse Akerboom
音乐: Shake Your Bon-Bon - Ricky Martin



RUNNING MAN SEQUENCE

1& Step forward on right foot, step left foot in place
2& Step back on right foot, step left foot in place
3& Step forward on right foot, step left foot in place
4 Step right foot beside left foot
5& Step forward on left foot, step right foot in place
6& Step back on left foot, step right foot in place
7& Step forward on left foot, step right foot in place
8 Touch left foot beside right foot

SIDE, TOGETHER, SIDE, TOGETHER, SIDE, TOGETHER, SIDE; SIDE, TOGETHER, SIDE, TOGETHER, SIDE, TOGETHER, ¼ TURN (WITH LATIN FLAIR)

1& Step left foot to left side, slide right foot beside left foot
2& Step left foot to left side, slide right foot beside left foot
3& Step left foot to left side, slide right foot beside left foot
4 Step left foot to left side
5& Step right foot to right side, slide left foot beside right foot
6& Step right foot to right side, slide left foot beside right foot
7& Step right foot to right side, slide left foot beside right foot
8 Make ¼ turn right onto right foot

MAMBO LEFT, MAMBO RIGHT WITH ¼ TURN RIGHT, MAMBO LEFT, MAMBO RIGHT WITH ¼ TURN RIGHT

1& Step left foot to left side, step right foot in place
2-3 Step left foot beside right foot, Step right foot to right side
&4 Step left foot in place, make ¼ turn right onto right foot
5-8 Repeat steps 1-4

POINT, HITCH, POINT, HITCH, ½ TURN, ½ TURN, BUMP, BUMP, BUMP, BUMP

1&2 Point left foot to left side, hitch left knee, step left foot forward
3&4 Point right foot to right side, hitch right knee, step right foot forward
5 Pivot ½ turn right on right foot, stepping back on left foot
6 Pivot ½ turn right on left foot, stepping forward on right foot
& Step left foot to left side (with hip bump)
7&8 Bump hips to right, bump hips to left, bump hips to right

SWING, TURN, SWING, TURN, SWING, TURN, ½ TURN

1 Step forward on left foot (swinging arms forward)
2 Step back on right foot (swinging arms back)
3 Pivot ½ turn left onto left foot (swinging arms forward)
4 Step back on right foot (swinging arms back)
5 Pivot ½ turn left onto left foot (swinging arms forward)
6 Step back on right foot (swinging arms back)
& Step left foot beside right foot
7 Step forward on right foot
8 Pivot ½ turn onto left foot

REPEAT
