

Shake Your Bon-Bon

COPPER KNOB
STEPSHEETS

拍数: 48 墙数: 4 级数: Improver
编舞者: Tim Gauci (AUS)
音乐: Shake Your Bon-Bon (Eddie's Club Radio Edit) - Ricky Martin



FORWARD ROCK, COASTER STEP, FORWARD ROCK, ½ TURN CHA-CHA

1-2-3&4 Rock forward on right foot, step left in place, coaster step (right, left, right)
5-6-7&8 Rock forward on left foot, step right in place, cha-cha ½ to left (left, right, left)

FORWARD ROCK, COASTER STEP, LEFT FORWARD, PIVOT ½ TO RIGHT, WALK, WALK

1-2-3&4 Rock forward on right foot, step left in place, coaster step (right, left, right)
5-8 Step left foot forward, pivot ½ to right, walk forward left, right

SHAKE YOUR BON-BON (LEFT-RIGHT-LEFT-RIGHT)

1&2-3&4 Step forward left shaking hips (or whatever!!), step forward right shaking hips (or whatever!!)
5&6-7&8 Step forward left shaking hips (or whatever!!), step forward right shaking hips (or whatever!!)

Make sure weight ends on right

STEP BEHIND, TURN ¼ TO RIGHT, FORWARD ROCK, SHUFFLE BACK, ROCK BACK

1-4 Step left behind right, step right forward turning ¼ to right, rock forward on left foot, step right in place
5&6-7-8 Shuffle back (left, right, left), rock back on right, step left in place

ROUND THE WORLD, FORWARD ROCK, ROUND THE WORLD, ROCK BACK

1-4 Full turn forward (or walk) stepping right, left, rock forward right, step left in place
5-8 Full turn back (or walk) stepping right, left, rock back right, step left in place

SHAKE YOUR BON-BON (RIGHT-LEFT-RIGHT-LEFT)

1&2-3&4 Step forward right shaking hips (or whatever!!), step forward left shaking hips (or whatever!!)
5&6-7&8 Step forward right shaking hips (or whatever!!), step forward left shaking hips (or whatever!!)

Make sure weight ends on left

REPEAT

TAG

On the 5th wall only, leave off the last 16 beats of the dance. Dance up to the shuffle back, rock back and start the dance from the beginning.