

# She Bangs

**COPPER** KNOB  
STEPSHEETS

拍数: 32      墙数: 4      级数: Intermediate  
编舞者: William Ambrose (UK)  
音乐: She Bangs - Ricky Martin



## CUBAN ROCK FORWARD, SHUFFLE BACK, CUBAN ROCK BACK, SHUFFLE FORWARD

- 1-2      Rock forward to right diagonal on right foot (keeping body straight) while bumping hips diagonally back left, rock back on left while bumping hips diagonally forward right
- 3&4      Step right back, close left beside right, step right back
- 5-6      Rock back to left diagonal on left foot (keeping body straight) while bumping hips diagonally forward right, rock forward on right bumping hips diagonally back left
- 7&8      Step left forward, close right beside left, step left forward

**Steps 3&4, 7&8 can be replaced with normal rocks**

## STEP FORWARD ½ TURN WITH HOOK AND CLICK, SHUFFLE FORWARD, SIDE HOLD, TOGETHER ¼ TURN KICK FORWARD LEANING BACK

- 9-10      Step forward on right, on ball of right foot turn a ½ turn left while hooking left foot up and clicking fingers in the air
- 11&12      Step left forward, close right beside left, step left forward
- 13-14      Step right to right side, hold
- &      Step left beside right
- 15-16      Step right to right side turning a ¼ turn left on the step, kick left forward leaning back

## STEP FORWARD HITCH RIGHT UP CLICKING FINGERS, SHUFFLE FORWARD, STEP FORWARD WITH HIP BUMPS BENDING KNEES

- 17-18      Step forward on left, hitch right up behind left leg while clicking fingers up in the air,
- 19&20      Step right forward, close left beside right, step right forward
- 21-22      Step left diagonally forward while bumping hips left, bump hips right
- 23-24      Bump hips left, bump hips right

**On steps 21-24 bend knees down then up**

## FRONT TOUCH HOLD, BEHIND SIDE TOUCH STEP BEHIND, BEHIND UNWIND ½ RIGHT, SHUFFLE FORWARD

- 25-26      Touch right forward, hold
- &      Step right behind left
- 27-28      Touch left to left side, step left behind right,
- 29-30      Step right behind left, unwind a ½ turn right (weight ends on right foot)
- 31&32      Step left forward, close right beside left, step left forward

## REPEAT

### TAG 1

Performed after the first and second choruses. The choruses each consist of 64 counts. At the end of the choruses add on the first 8 counts of the dance

### TAG 2

Performed before the third chorus. Add 4 hip bumps left, right, left, right