

She Bangs

COPPER KNOB
STEPSHEETS

拍数: 64 墙数: 4 级数: Intermediate
编舞者: Laurel Ingram (UK)
音乐: She Bangs - Ricky Martin



SIDE STEP CHASSE RIGHT ½ TURN PIVOT RIGHT ¼ TURN PIVOT RIGHT

1-2 Step right foot to right side, step left foot beside right
3&4 Step right to right side, step left together, step right
5-6 Step forward left pivot ½ turn right
7-8 Step forward left pivot ¼ turn right

SIDE STEP CHASSE LEFT ½ TURN PIVOT LEFT ¼ TURN PIVOT LEFT

9-10 Step left to left side, step right foot beside left
11&12 Step left to left side, step right together, step left
13-14 Step forward right pivot ½ turn left
15-16 Step forward right pivot ¼ turn left

WALKS FORWARD & BACK

17-18 Step right foot forward, step left foot beside right. (circling hips to the right)
19-20 Step right foot forward, step left foot beside right. (circling hips to the right)
21-24 Walk back right left, right, left (shimmying shoulders)

CROSS ROCK & ¾ TRIPLE TURN, FORWARD WALKS

25-26 Cross right foot over left, recover back left
27&28 Triple step (right-left-right) ¾ turn over right shoulder
29-32 Step forward left, right, left, touch right foot beside left (shimmying shoulders)

RIGHT & LEFT SAILOR STEP, 2 ¼ PIVOT TURNS

33&34 Cross right foot behind left, rock left to left side, step right to right side
35&36 Cross left foot behind right, rock right to right side, step left to left side
37-38 Step right foot forward ¼ pivot turn left, (circling hips to the left)
39-40 Step right foot forward ¼ pivot turn left (circling hips to the left)

RIGHT & LEFT SAILOR STEP, 2 ¼ PIVOT TURNS

41&42 Cross right foot behind left, rock left to left side, step right to right side
43&44 Cross left foot behind right, rock right to right side, step left to left side
45-46 Step right foot behind left ¼ pivot turn right (circling hips to the right)
47-48 Step right foot behind left ¼ pivot turn right (circling hips to the right)

FORWARD MOVING ROCK CROSS STEPS ROCK FORWARD & BACK

49&50 Rock right to right side, rock weight onto left in place, step right forward across left
51&52 Rock left to left side, rock weight onto right in place. Step left forward across right
53&54 Rock forward right rock back onto left, step right beside left
55&56 Step left back rock forward onto right, step left beside right

BACK LOCK STEPS, STOMP, KICK & FULL TURN

57&58 Step right back, lock left across right, step back right
&59 Lock left across right, step back right
&60 Lock left across right, step back right
61 Stomp left foot beside right

62-64

Kick right foot to right side, cross right foot across left with a full turn over left shoulder weight ending on left foot)

REPEAT
