

She Bangs Alright

COPPERKNOB
STEPSHEETS

拍数: 0 墙数: 1 级数: Advanced
编舞者: Kelcy Gardner (AUS)
音乐: She Bangs - Ricky Martin



Sequence: Intro, Dance, Chorus, Tag, Dance, Chorus, Tag, Restart, 4 beat hip roll, Chorus, Chorus

INTRO

1-2 Step right to side, hold
&3-4 Step left together, step right to side, rock on left
5-6 Turn ¼ right & rock back on right, recover on left
7-8 Walk forward on right-left (stepping right in front of left, left in front of right)

9-12 Step forward on right 45 degrees right & hips right-left-right-left (hands on hips)
13-16 Step back on right, 45 degrees right & hips right-left-right-left (hands on hips)

17-18 Step forward on right, recover on left
19&20 Full turn triple step right (right-left-right)
21-22 Step left forward, recover on right
23&24 Shuffle ½ turn left (left-right-left)

25-28 Two 1/8 left paddle turns (weight on left)
29-30 Cross right over left, unwind full turn right (weight on left)

DANCE

1-4 Boogie walk forward on right, (step forward on right crossing right over left, step forward on left crossing left over right, repeat) hands in front with palms up, curling fingers up on count 1 out on 2 etc
5-6 Step right to side, recover on left
7-8 Cross right over left, unwind full turn left (weight on right)

9-10 Step back on left, recover on right
11&12 Shuffle to left
13-14 Cross right over left, unwind ¾ left (weight on right)
15&16 Left coaster step

17-18 Step forward on right, touch left beside right
&19-20 Step back on left, step right forward, step left forward
21&22 Touch right heel forward, step right beside left, step left forward
23&24 Touch right heel forward, step right to side, step left to side

25-28 Weight on left, angle body 45 degrees right & tap right heel 4 times, changing weight to right on last beat
29-32 Tap left heel 4 times while turning ¼ left

Restart after 2nd chorus goes here

33-34 Step right forward, recover on left
35-36 Full turn to right stepping right-left

&37&38 Step right to side, step left to side, step right in, step left in beside right
&39&40 Step right to side, step left to side, step right in, step left in beside right

- &41 Step right back, touch left heel 45 degrees left
 42-43 Touch left toe across right, touch left heel 45 degrees left
 44&45 Touch left beside right, step left back, touch right heel 45 degrees right
 46-48 Touch right toe across left, touch right heel 45 degrees right, touch right toe back
- 49&50 Touch right heel 45 degrees right, step right together, cross left over right
 51-52 Step right to side, recover on left
 53&54 Step right behind left, step left to side, cross right over left
 55&56 Step left to side, rock on right, cross left over right
- 57-59 Bring right together & twist heels right, toes right, center
 60 Flick left foot behind right (look to right)
 61-64 Repeat to left
- 65&66 Step right forward turning $\frac{1}{4}$ left, cross left behind right, step right to right turning $\frac{1}{4}$ right
 67&68 Step left forward turning $\frac{1}{4}$ right, cross right behind left, step left to left turning $\frac{1}{4}$ left
 69-70 Step right forward, pivot $\frac{1}{2}$ left (weight on left)
 71&72 Hold, step right together, step left forward
- 73-76 Step right to side & sway hips right-left-right-right, hands in front moving with hips, swing right-left in a circle in front of body ending to right (second sequence, arms crossed above head)
 77-80 Sway hips left-right-left-left (repeat hands to left)
- 81-82 Rock right back, recover on left
 83&84 Shuffle to right
 85-86 Hinge on right to turn $\frac{1}{2}$ left & step to left, cross right over left
 87-88 Turn $\frac{1}{4}$ right & rock right back, recover left forward
- 89-92 Walking forward cross right over left, hold (move right shoulder forward on step, hands by sides), walking forward cross left over right, hold (repeat shoulder & hand movements)
 93-94 Cross right over left & turn left & $\frac{1}{4}$ left on left
- 4 extra beats after restart go here**
 95-98 Step right to side & figure of 8 roll with hips ending with weight on left (hands are loosely on front of legs)
- CHORUS**
 1-2 Step right to side, hold
 &3-4 Step left together, step right to side, recover on left
 5-6 Turn $\frac{1}{4}$ right & rock back on right, recover on left
 7-8 Walk forward crossing right over left, left over right
- 9-12 Step right forward 45 degrees right & hips right-left-right-right (hands on hips)
 13-16 Step right back 45 degrees right & hips right-left-right-right (hands on hips)
- 17-18 Step right forward, recover on left
 19&20 Full turn triple step right-left-right
 21-22 Step left forward, recover on right
 23&24 Shuffle $\frac{1}{2}$ left
- 25-28 Two $\frac{1}{4}$ paddle turns left (weight on left)
 29-32 Monterey turn: touch right to side, turn $\frac{1}{2}$ right, step on right, touch left to side, turn $\frac{1}{4}$ left, step left together

- 33-34 Step right to side, hold
&35-36 Step left together, step right to side, recover on left
37-38 Turn ¼ right & rock back on right, recover on left
39-40 Walk forward right-left (stepping right in front of left, left in front of right)
- 41-42 Step right forward, body roll from head down, then roll up (leave feet in same position, weigh on left)
43-44 Rock right forward, recover on left
45-46 Swing right up & around to turn ¼ right, step right to side (facing front)
47-48 Flick right hand to right side twice, hip level
- 49-50 Hip left twice
51&52 Right sailor step
53&54 Left cross shuffle traveling to right
55-58 Step right to side with heel turned in towards left, twist right-left-right-left
59-62 Cross right over left, unwind full turn left, weight on left

TAG

This is done the first 2 times after the chorus part

- 1-4 Step right forward, ½ left pivot, step right forward, ½ left pivot
5-8 Twist to right, heels, toes, heels, toes
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