

# It Bangs!

拍数: 32      墙数: 4      级数: Improver  
编舞者: Matthew Dewsbury (UK)  
音乐: She Bangs - Ricky Martin



## STEP, HITCH, FORWARD SHUFFLE, HIP BUMPS X 4

1-2            Step right foot forward, hitch left  
3&4            Shuffle forward on left-right-left  
5-8            Step right foot forward diagonally to the right and bump hips forward-back-forward-back

## BACK SHUFFLE, FULL TURN, COASTER STEP, HEEL DIG TWICE

9&10            Shuffle back on right-left-right  
11-12           Full turn back turning left on left-right  
13&14           Step back left, step right beside left, step forward left  
15-16           Dig right heel forward twice

## TOE TOUCH SIDE, TOGETHER, FORWARD SHUFFLE, STOMP, HOLD BODY ROLL

17-18           Touch right toe to right side, touch right back next to left  
19&20           Forward shuffle on right-left-right  
21-22           Stomp left foot forward, hold  
23-24           Body roll over two counts

## HEEL SWITCHES X 3, DOUBLE CLAP, HEEL SWITCHES ¼ TURN RIGHT, BACK TOGETHER

25&26&           Touch right heel forward, step right beside left, touch left heel forward, step left next to right  
27&28           Touch right heel forward, clap twice  
&29&30           Step right beside left, touch left heel forward, step left beside right, touch right heel forward  
(making ¼ turn as you do the switches)  
31-32           Step right foot back, step left next to right transferring weight to left

## REPEAT

## TAG

### After walls 5 & 10

1-2            Kick forward right, kick forward to right side  
3&4            Step back right, step left beside right, step forward right  
5-6            Kick forward left, kick forward to left side  
7&8            Step back left, step right beside left, step forward left

## BREAK

After the 12th wall there is a 4 count break. Small step diagonally to right and bump hips forward-back-forward-back.

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