

# Bang A Gong

拍数: 48      墙数: 2      级数: Improver  
编舞者: Linda Moore (UK)  
音乐: Get It On (Bang A Gong) - Marc Bolan & T. Rex



## HEEL BALL CROSS RIGHT TWICE, RIGHT ROCK, CROSS SHUFFLE

1&2      Touch right heel forward, step right slightly back, cross left over right  
3&4      Touch right heel forward, step right slightly back, cross left over right  
5-6      Rock to right side on right, rock onto left in place  
7&8      Cross right over left, step left to left side, cross right over left

## LEFT ROCK, BEHIND ¼ TURN STEP, RIGHT FORWARD ROCK, RIGHT COASTER STEP

1-2      Rock to left side on left, rock onto right in place  
3&4      Step left behind right, ¼ turn right stepping right, step left  
5-6      Rock forward on right, rock back onto left  
7&8      Step back right, step left beside right, step forward right

## HEEL BALL CROSS LEFT TWICE, LEFT ROCK, CROSS SHUFFLE

1&2      Touch left heel forward, step left slightly back, cross right over left  
3&4      Touch left heel forward, step left slightly back, cross right over left  
5-6      Rock to left side on right, rock onto right in place  
7&8      Cross left over right, step right to right side, cross left over right

## RIGHT ROCK, BEHIND ¼ TURN STEP, LEFT FORWARD ROCK, LEFT COASTER STEP

1-2      Rock to right side on right, rock onto left in place  
3&4      Step right behind left, ¼ turn left stepping left, step right  
5-6      Rock forward on left, rock back onto right  
7&8      Step back left, step right beside left, step forward left

## RIGHT HEEL & TOE ¼ TURN LEFT, LEFT HEEL & TOE ¼ TURN LEFT, RIGHT FORWARD ROCK, RIGHT COASTER STEP

1&2      Touch right heel forward, step right beside left making ¼ turn left, touch left toe forward  
3&4      Touch left heel forward, step left beside right making ¼ turn left, touch right toe forward  
5-6      Rock forward on right, rock back onto left  
7&8      Step back right, step left beside right, step forward right

## LEFT HEEL & TOE ¼ TURN LEFT, RIGHT HEEL & TOE ¼ TURN LEFT, LEFT FORWARD ROCK, LEFT COASTER STEP

1&2      Touch left heel forward, step left beside right making ¼ turn left, touch right toe forward  
3&4      Touch right heel forward, step right beside left making ¼ turn left, touch left toe forward  
5-6      Rock forward on left rock back onto right  
7&8      Step back left, step left beside right, step forward left

**REPEAT**