

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