

# All Banged Out!

**COPPER KNOB**  
STEPSHEETS

拍数: 0      墙数: 4      级数: Intermediate/Advanced  
编舞者: Sharon Walton (UK)  
音乐: She Bangs - Ricky Martin



Sequence: AAA, TAG 1, A, A(1-32), TAG 1, A, TAG 2, A to the end

## PART A

### CHASSE RIGHT, ROCK AND RECOVER, CHASSE LEFT, ROCK AND RECOVER

1&2      Step right to right side, close left beside right, step right to right side  
3-4      Rock back on left, rock forward on right  
5&6      Step left to left side, close right beside left, step left to left side  
7-8      Rock back on right, rock forward on to left

#### Advanced option:

### CHASSE RIGHT, CROSS, FULL UNWIND, CHASSE LEFT, CROSS, FULL UNWIND

1&2      Step right to right side, close left beside right, step right to right side  
3-4      Cross left over right, unwind full turn right  
5&6      Step left to left side, close right beside left, step left to left side  
7-8      Cross right over left, unwind full turn left

### TOE STRUTS FORWARD WITH "FURIOUS" SHIMMY, KICK BALL CHANGE, TOUCH, BODY ROLL

9-10      Touch right toe forward, drop right heel (shimmy)  
11-12      Touch left toe forward, drop left heel (shimmy)  
13&14      Kick right foot forward, step ball of right back, step forward left  
15-16      Touch right toe forward, bend knees and body roll over two counts

### RIGHT MONTEREY TURN, PENDULUM SWING, CROSS, UNWIND, JUMP STEPS

17-18      Touch right to right side, on ball of left make ½ turn right stepping right beside left  
19&20      Touch left to left side, step left beside right, touch right to right side  
&21      Step right beside left, touch left to left side  
22-23      Cross left over right, unwind ½ turn right  
&24      Step small step forward right, step small step forward left (feet should be slightly apart)

### STEP, SLIDE, STEP, CLAP (TWICE)

25-26      Step right diagonally forward, slide left beside right  
27-28      Step right diagonally forward, clap  
29-30      Step left diagonally forward, slide right beside left  
31-32      Slide left diagonally forward, clap

#### Advanced option

### STEP, SLIDE, STEP WITH FORWARD SHOULDER BODY ROLLS (TWICE)

25-26      Step right diagonally forward, slide left beside right  
27-28      Step right diagonally forward, tap left beside right (make a snake movement with your body, by rolling your shoulders forward & returning to an upright position)  
29-30      Step left diagonally forward, slide right beside left  
31-32      Step left diagonally forward, tap right beside left (make a snake movement with your body, by rolling your shoulders forward & returning to an upright position)

### JUMPING STEPS FORWARD, SHOULDER POPS X3, SAILOR ¼ TURN LEFT, JUMPING STEPS FORWARD, CLAP

&33      Step left forward, step right forward (bend knees, place hands on thighs)  
34-35      Pop right shoulder to right, pop left shoulder to left  
36-37      Pop right shoulder to right, cross left behind right

- &38 Step right ¼ turn left, step back on left  
&39-40 Step forward left, step forward right, clap hands

**CROSS ROCK, STEP TOUCH TWICE (WITH CUBAN HIP MOVEMENT), CHASSE RIGHT**

- 41-42 Cross rock right over left, rock back on left  
43-44 Step right to right side, touch left beside right  
45-46 (Use Cuban hips) step right to right side, step left beside right  
47&48 (Use Cuban hips) step right to right side, close left beside right, step right to right side

**Advanced option**

**CROSS ROCK, FULL TURN RIGHT TWICE, CHASSE RIGHT**

- 41-42 Cross rock right over left, rock back on left  
43-44 On ball of left spin ½ turn right stepping forward right, on ball of right spin ½ turn right stepping back left  
45-46 On ball of left spin ½ turn right stepping forward right, on ball of right spin ½ turn right stepping back left  
47&48 Step right to right side, close left beside right, step right to right side

**ROCK & RECOVER, HEEL AND CROSS, STEP, KNEE POP, HIP CIRCLES**

- 49-50 Rock back on left, rock forward on right  
51&52 Touch left heel diagonally forward, step left beside right, cross right over left  
53-54 Step left to left side, pop right knee towards left knee (push left hip out)  
55&56 Circle hips in figure of 8 movement moving right to left

**CROSS ROCK, STEP, POINT WITH KNEE BEND, SYNCOPATED GRAPEVINE LEFT WITH "FURIOUS" SHIMMY**

- 57-58 Cross rock right over left, rock back on left  
59-60 Step right to right side, bend right knee  
61-62 Point left foot back (lean forward from waist), step left to left side  
&63-64 Cross right behind left, step left to left side, cross right over left

**REPEAT**

**TAG 1**

To be danced after 3rd and 5th repetition

**ROCK & RECOVER, COASTER STEP, ROCK & RECOVER, COASTER STEP**

- 1-2 Rock forward on right, rock back on left  
3&4 Step back right, step left beside right, step forward right  
5-6 Rock forward on left, rock back on right  
7&8 Step back left, step right beside left, step forward left

**TAG 2**

To be danced on 6th wall only

**STEP, TAP, SHIMMY TWICE**

- 1-2 Step right foot forward, tap left beside right (shimmy)  
3-4 Step left foot forward, tap right beside left (shimmy)
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