

Ramalama (Bang-Bang)

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Intermediate / Advanced
编舞者: Christopher Petre (USA) & Lindsay Petre (USA) - October 2007
音乐: Ramalama Bang Bang - Roisin Murphy : (CD: Ruby Blue)



Note: 16 count intro, 32 counts before lyrics.

Special Thanks to DJ Louie for the excellent music pick, as usual

RESTART: Restart 16 counts into the 5th wall, 2nd time starting on the front wall

BALL-CROSS, KICK, OUT-OUT, KNEE IN, OUT, IN, TWIST R, TWIST L

&1,2 Step back slightly on ball of R foot, cross step L over R, kick R diagonally forward
&3,4 Step R to right side, step L to left side, tuck R knee in towards left (R heel off floor)
5,6 Turn R knee out, turn it back in
7,8 Twist right on both feet, twist left placing weight on R (lift L toes off floor & straighten L leg)

BALL-CROSS-SCUFF, STEP-TOUCH, UNWIND, ROCK-RECOVER, & ROCK-RECOVER

1&2 Step on ball of L behind R, cross step R over L, scuff L diagonally forward
&3,4 Step L to left side, cross touch R behind L, unwind one full turn right placing weight onto R
5,6 Rock to left side on L, recover onto R
&7,8 Step L next to R, rock to right side on R, recover on L (restart here on the 5th wall)

TOE, TURN HEEL, & TOUCH, TURN HEEL, OUT-OUT, SNOWPLOW, TOE FAN R & L

&1,2 Step R next to L, touch L toe to left side, turn ¼ left (9:00) touching L heel forward
&3,4 Step down on L, touch R toe next to L, turn ½ R (3:00) touch R heel forward
&5,6 Step R out to right side, step L out to left side, turning toes inward tuck knees together (snowplow)
&7 Fan R toes out keeping heel on floor, replace
&8 Fan L toes out keeping heel on floor, replace

BALL-KICK, CROSS, BALL- ¼ TURN, ¼ & ¼, TILT-RECOVER, ¼ STEP R, L w/SLAPS

&1,2 Step R under body, kick L out to left side, cross step L over R
&3 Step on ball of R foot to right side, turn ¼ left (12:00) stepping forward on L
4&5 Turn ¼ left (9:00) stepping R to right side, raise R fist to chest with elbow out, turn ¼ left (6:00) stepping L to left side while raising L fist to chest elbow out (both fists together with elbows out)
&6 Tilt head & shoulders to left (L elbow points down & R elbow points up), recover
7,8 Turn ¼ left (3:00) stepping R to right slapping leg, step apart on L slapping leg (done on bent knees)

Repeat