

Bang Bang

拍数: 64 墙数: 2 级数: Intermediate
编舞者: Rachael McEnaney (USA) & Simon Ward (AUS) - May 2012
音乐: Bang Bang - Jody Bernal



Count In: 36 counts from start of track.

Notes: There is 1 restart on the 3rd wall: dance first 20 counts of the dance until samba step (1/4 turn instead), you will face 12.00 to restart

[1 – 8] R heel grind ¼ turn R, R coaster step, step L, ¼ pivot R, L cross shuffle

- 1 – 2 Heel grind – dig right heel forward and push into floor swivelling right toe all way to right taking weight on right (1), make ¼ turn right recovering weight back on to left (2) [3.00]
3 & 4 Step back on right (3), step left next to right (&), step forward on right (4) [3.00]
5, 6, 7 & 8 Step forward on left (5), pivot ¼ turn right (6), cross left over right (7), step right next to left (&), cross left over right (8) [6.00]

[9 – 16] 2x ¼ turns L, R cross shuffle, L side rock with ¼ turn R, full turn R

- 1 – 2 Make ¼ turn left stepping back on right (1), make ¼ turn left stepping left to left side (2), [12.00]
3 & 4 Cross right over left (3), step left next to right (&), cross right over left (4) [12.00]
5, 6, 7, 8 Rock left to left side (5), make ¼ turn right recovering weight onto right (6), [3.00]
7 - 8 Make ½ turn right stepping back on left (7), make ½ turn right stepping forward on right (8) easy option: walk forward left-right [3.00]

[17 – 24] Walk fwd LR, L bota fogo (samba step) with 1/8 turn L, rock fwd R, R shuffle back,

- 1, 2, 3 & 4 Step forward left (1), step forward right (2), cross left over right (3), rock right to right side (&), recover weight left making 1/8 turn left (4) [1.30]

RESTART On 3rd wall you will restart here – however instead of 1/8 turn left on count 4, MAKE ¼ TURN LEFT, face front to start again

- 5, 6, 7 & 8 Rock forward on right (5), recover weight left (6), step back on right (7), step left next to right (&), step back on right (8) [1.30]

[25 – 32] Rock back L, L shuffle fwd, 2 x pivot turns L with hip roll

- 1, 2, 3 & 4 Rock back on left (1), recover weight onto right (2), step forward on left (3), step right next to left (&), step forward on left (4) [1.30]
5, 6, 7, 8 Step forward on right (5), pivot 3/8 turn left end facing 9.00 (6), step forward on right (7), pivot ¼ turn left (8) Styling: roll hips on pivots [6.00]

[33 – 40] Cross R, hitch L, cross L, side R, behind L, point R, cross R, hitch L

- 1 – 2 Cross right over left (1), hitch left knee you swing body to right diagonal (styling: contract in as if being punched in stomach) (2) [6.00]
3, 4, 5, 6 Cross left over right (3), step right to right side (4), cross left behind right (5), point right toe out to right side (6) [6.00]
7 - 8 Cross right over left (7), hitch left knee as you swing body to right diagonal (styling: contract in as if being punched in stomach) (8) [6.00]

[41 – 48] Cross L, ¼ turn L, L shuffle back, R backwards rocking chair,

- 1, 2, 3 & 4 Cross left over right (1), make ¼ turn left stepping back on right (2), step back on left (3), step right next to left (&), step back on left (4) [3.00]
5, 6, 7, 8 Rock back on right (5), recover weight onto left (6), rock forward on right (7), recover weight onto left (8) [3.00]

[49 – 56] ¼ turn R, touch L, ½ turn L, touch R, ½ turn R touch L, ½ turn L, kick R to side.

- 1 - 2 Make ¼ turn R stepping right to right side (1), touch left to left side (2), [6.00]

- 3 - 4 Make ¼ turn left stepping forward on left (3), make ¼ turn left touching right to right (4) [12.00]
- 5 - 6 Make ¼ turn right stepping forward on right (5), make ¼ turn right touching left to left side (6) [6.00]
- 7 - 8 Make ¼ turn left stepping forward on left (7), make ¼ turn left as you kick right foot out to right side (8) [12.00]

[57 – 64] Cross R, side L, cross behind R, ¼ turn L, step R, ¼ turn L, R kick ball change

- 1, 2, 3, 4 Cross right over left (1), step left to left side (2), cross right behind left (3), make ¼ turn left stepping forward on left (4) [9.00]
- 5, 6, 7 & 8 Step forward on right (5), pivot ¼ turn left (6), kick right foot forward (7), step in place on ball of right (&), step in place on left (8) [6.00]

START AGAIN – HAVE FUN

Rachael: www.dancejam.co.uk - Rachaeldance@me.com - Simon: bellychops@hotmail.com

Please do not alter this step sheet in any way.

If you would like to use on your website please make sure it is in it's original format and include all contact details on this script.

Video rights assigned to choreographers or Edie Driskill. Copyright © 2012 Rachael Louise McEnaney (rachaeldance@me.com) All rights reserved.
