

B to the A.N.G.

拍數: 64 牆數: 2 級數: Upper Intermediate
編舞者: Michael Metzger (USA) - October 2014
音樂: Bang Bang - Jessie J, Ariana Grande & Nicki Minaj



Starts on Vocals (2 counts)

Rock Step, Step Back, Rock Step, ¼ Turn Right, Heel Switches

1, 2 Rock forward on R, Recover back on L
3 Step R back
4, 5 Rock back on L, Recover forward on R
6 ¼ turn to right (3:00) and step L to side
7&8& Touch R heel forward, Step R together, Touch L heel forward, Step L together

Rock Step, 1 ½ Traveling Turn Back (Right), Step, Heel Switches

1, 2 Rock forward on R, Recover back on L
3, 4 ½ turn to right (9:00) and step R forward, ½ turn to right (3:00) and step L back
5, 6 ½ turn to right (9:00) and step R forward, Step L next to R
7&8& Touch R heel forward, Step R together, Touch L heel forward, Step L together

Kick, Hitch, ¼ Turn Right, Hold, Cross Behind, ¼ Turn Right, Pivot Turn Right

1, 2 Kick R forward, Swing R back and hitch
3, 4 ¼ turn right (use weight of swinging leg to turn) and step R to side (12:00), Hold
5, 6 Cross L behind, ¼ turn right and step R forward (3:00)
7, 8 Step L forward, Pivot ½ right (9:00) and shift weight to R

¼ Turn Right and Point, Hold, Kick and Touch on Diagonal, Side Toe Strut, Side Toe Strut

1, 2 ¼ turn to right (12:00) and point L to side, Hold
3&4 Kick L across R, Step L together, Cross touch R behind L
5, 6 Touch R toe to side, Step down on R
7, 8 Cross touch L over R, Step down on L

Side Step, Hold, Step Together, Side Step, Touch, Grapevine Left with ½ Turn

1, 2 Step R to side, Hold
&3, 4 Step L next to R, Step R to side, Touch L next to R
5, 6 Step L to side, Cross R behind L
7, 8 ¼ Turn left (9:00) and step L forward, ¼ Turn left (6:00) and hitch R leg

Side Step, Hold, Step Together, Side Step, Touch, Side Step, Slide, Pivot Turn

1, 2 Step R to side, Hold
&3, 4 Step L next to R, Step R to side, Touch L next to R
5, 6 Large step L to side, Slide R next to L
7, 8 Step forward on R, Pivot ½ left (12:00) and shift weight to L

Toe Strut, Toe Strut, Jazz Box

1, 2 Touch R toe forward, Step down on R
3, 4 Touch L toe forward, Step down on L
5, 6 Cross R over L, Step L back
7, 8 Step R to side, Step L forward

Touch Together, Step Back, Touch Together, Step Forward, Pivot Left, Full Turn Left

1, 2 Shift weight forward and touch R toe next to L, Step back on R

- 3, 4 Shift weight back and touch L toe next to R, Step forward on L
- 5, 6 Step forward on R, Pivot ½ left (6:00) and shift weight to L
- 7, 8 ½ turn left (12:00) and step R back, ½ turn left (6:00) and step L forward

Tag: During wall six (it starts when they start singing, "B to the A...") do the first 32 counts of the dance. Then skip to the last four counts of the dance. After the toe struts to the right, do the pivot turn and full turn:

- 1, 2 Step forward on R, Pivot ½ left (6:00) and shift weight to L
- 3, 4 ½ turn left (12:00) and step R back, ½ turn left (6:00) and step L forward

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