

Bang My Head

拍數: 64 牆數: 2 級數: Intermediate

編舞者: Stephen & Lesley McKenna (SCO) - April 2016

音樂: Bang My Head (feat. Sia & Fetty Wap) - David Guetta : (Album: Now that's what I call music! 93)



Intro:- 16 counts, start on the word 'Bound' when she sings ' I was Bound'

Section 1: R side, touch, behind, side, L cross shuffle, R cross shuffle, ball, rock, recover

- 1-2 Step R to R side, touch L toe next to R
- 3& Step L behind R, small step R to R side
- 4&5 Cross L over R, small step R to R side, cross L over R
- 6&7 Cross R over L, small step L to L side, cross R over L
- &8-1 Small step L to L side, rock forward R into L diagonal, recover L

Section 2: R coaster step, ball, step, L samba, R samba

- 2&3 Turn 1/8 L stepping back R, step L next to R, step forward R (9 O'clock)
- &4 Small step L next to R, step forward R
- 5&6 Cross L over R, step R to R side, step L in place
- 7&8 Cross R over L, step L to L side, step R in place (Travel forward slightly with Sambas)

Section 3: Cross, unwind ½ R, behind, unwind ½ R, L shuffle forward, R shuffle back

- 1-2 Cross L over R, unwind ½ R (weight on L)
- 3-4 Tuck R behind L, unwind ½ R (weight on R – 9 O'clock)
- 5&6 Step forward L, step R next to L, step forward L
- 7&8 Step back R, step L next to R, step back R

Section 4: Ball, cross, unwind ¾ L, side rock, recover, behind, ¼ R, step, R sailor ¼ R

- &1-2 Step L next to R, cross R over L, unwind ¾ L (weight on R – 12 O'clock)
- 3-4 Rock L to L side, recover R
- 5&6 Step L behind R, turn ¼ R stepping R, step forward L (3 O'clock)
- 7&8 Step R behind L, turn ¼ R stepping L to L side, step R to R side (6 O'clock) *Restart

Section 5: ¼ L flick, R shuffle forward, step, pivot ½ R, touch, L shuffle forward, step, pivot ¾ L, touch

- 1 Turn ¼ L stepping L as you flick R heel up (3 O'clock)
- 2&3 Step forward R, step L next to R, step forward R
- 4&5 Step forward L, pivot ½ R stepping R, touch L next to R (9 O'clock)
- 6&7 Step forward L, step R next to L, step forward L
- 8&1 Step forward R, pivot ¾ L stepping L, touch R next to L (12 O'clock)

Section 6: R shuffle forward, step, pivot ½ R, touch, L extended step lock

- 2&3 Step forward R, step L next to R, step forward R
- 4&5 Step forward L, pivot ½ R stepping R, touch L next to R (6 O'clock)
- 6&7 Step forward L, lock R behind, step forward L
- &8 Lock R behind L, step forward L

Section 7: R side shuffle, hinge ½ L, R side shuffle, hinge ½ L, R mambo

- 1&2 Step R to R side, step L next to R, step R to R side
- 3 Hinge ½ L stepping L to L side (12 O'clock)
- 4&5 Step R to R side, step L next to R, step R to R side
- 6 Hinge ½ L stepping L to L side (6 O'clock)
- 7&8 Step forward R, step L in place, step R next to L

Section 8: Ball, toe strut, ball, cross, point, L sailor step, R sailor step, ball

&1-2 Small step back L, touch R toe back, drop R heel (weight on R)

&3-4 Small step L next to R, cross R over L, point L toe to L side

5&6 Step L behind R, step R to R side, step L to L side

7&8& Step R behind L, step L to L side, step R to R side, step L next to R

***Restart – During wall 3, dance section 4 then step L next to R and restart the dance. You will be facing 6 O'clock for restart.**

Enjoy!

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