

Metronome

拍數: 32 牆數: 2 級數: Intermediate
編舞者: Jean-Pierre Madge (CH) - March 2020
音樂: Bang! - AJR



Out-Out And Cross and Sweep, Behind Side Cross, Side ¼ L Touch, Side ¼ L Touch, Side Together, Touch and Touch

&1&2 Heel R out (&), Heel L out (1), Step R back (&), Cross L over R (2),
&3 Step R to R (&), Step L behind R and Sweep R behind L (3),
4&a5 Step R behind L (4), Step L to L (&), Cross R over L (a), Step L to L (5)
&6& ¼ L and Touch R next L (&), Step R to R (6), ¼ L Touch L next R (&)
7&8&a Step L to L (7), Step R next L (& Touch L to L (8) Touch L next R (&), Touch L to L (a),

Tag: here after wall number 5 then start the dance !

Step, Touch, Sweep ¼ L Behind Side Cross, Step ¼ L Walk-Walk-Walk, ½ R Kick

1-2 Step L forward (1), Touch R forward (2),
3-4&a Step R back and Sweep L doing ¼ L (3), Step L behind R (4), Step R to R (&), Cross L over R (a)
5-6&7 Step R to R ¼ L (5), Walk L,R,L forward (6&7),
8 While on L make a ½ R and Kick R forward (8),

And Cross and Kick, And Cross and Kick, and Kick and Kick and Kick and Step Turn ¼ L Step.

&1&2 Step R to R (&), Cross L over R (1), Step R to R (&), Kick L to L diagonal (2),
&3&4 Step L to L (&), Cross R over L (3), Step L to L (&), Kick R to R diagonal (4),
&5&6&7 Step R to R (&), Kick L to R diagonal(5), Step L across R (&), Kick R to R diagonal (6), Step R to R(&), Kick Left to the R diagonal (7), (Your body is facing the R diagonal during the kicks but your wall is 6 o'clock)

Option : As you kick L to the diagonal, Raise R hand up and leave the L hand down, when you kick with the R do the opposite, Charleston Style !!!!

&8&1 Step L over R (&), Step R to R (8) ¼ L Step L forward (&), Step R forward (1).

¼ R Step, ¼ R Step, Cross, Rock and Cross, Kick ball Lock, Unwind ¾ L

2&3 ¼ R Step L to L (2), ¼ R Step R to R (&), Cross L over R (3),
4&5 Rock R to R (4), Recover on L (&), Cross R over L (5)
6&7 Kick L to L diagonal (6), Step L to L (&), Lock R behind L (7)
8 Unwind ¾ R weight is on your L (8)

TAG: Wall 5 after 8 counts

Walk, Walk, ½ L , Touch

1-2 Walk L forward (1), Walk R forward (2),
3-4 ½ L and Step L Forward (3), Touch R next L (4)

Smile and Start again ! You did a great job !