

Bang Sticks

拍數: 32 牆數: 4 級數: Improver
編舞者: Salfoo (MY) & Joey Law (MY) - September 2020
音樂: Bang Dem Sticks - Meghan Trainor



Intro: 4 counts

[01-08] FORWARD, TOGETHER, SPLIT KNEES, COASTER STEP, BOOGIE WALK, MAMBO TOUCH

&1&2 Step R Forward, Step L Beside R, Split Knee, Recover Knees To Center
3&4 Step R Backward, Close L Beside R, Step R Forward
5&6 Step L Forward, Walk R Forward, Walk L Forward (In a Circular Movement)
7&8 Rock R Forward, Recover Onto L, Touch R Beside L

[09-16] SHUFFLE FORWARD R, SHUFFLE FORWARD L (DIAGONALLY) ROCKING CHAIR

1&2 Step R Forward, Close L Beside R, Step R Forward Diagonally
3&4 Step L Forward, Close R Beside L, Step L Forward Diagonally
5-6 7-8 Step R Forward, Recover Onto L, Step R Backward, Recover Onto L

[17-24] PADDLES 1/2 , CROSS SAMBAS

1-2 3-4 Step R Forward, Make a 1/4 Turn L (weight onto L), Step R Forward, Make a 1/4 Turn L
(weight onto L) (6.00)
5 a 6 Cross R Over L, Step L To L, Step R Diagonally Forward
7 a 8 Cross L Over R, Step R To R, Step L Diagonally Forward

[25-32] CROSS SHUFFLE, SIDE ROCK CLOSE, FORWARD, 1/4 L, KICK BALL CHANGE

1&2 Cross L Over R, Step R To R, Cross L Over R
3&4 Rock L To L Side, Recover Onto R, Close L Beside R
5&6 Step R Forward, Make a 1/4 Turn L (weight onto L)
7&8 Kick R Forward, Step Ball Of R Foot, Step L Beside R