

The Bang!

拍數: 16 牆數: 4 級數: High Beginner
編舞者: Zaza Delage (FR) & Jonathan YANG (FR) - July 2023
音樂: Bang! (feat. DeeJay Young) - VoicePlay



Introduction : 8 counts

[1-8] : TOE STRUT, CROSS TOE STRUT, SIDE ROCK CROSS, ¼ TURN BACK, HITCH, ¼ TURN SIDE, HITCH, CROSS SIDE TOGETHER

1& Touch right toe to R side, Drop right heel
2& Touch left toe over LF, Drop left heel – 12 :00 –
3&4 Rock RF to right side, recover on LF to left side, Cross RF over LF
5& 1/4 turn right stepping LF back, Hitch right knee forward – 03 :00 –
6& 1/4 turn right stepping RF to right side, Hitch left knee forward – 06 :00 –
7&8 Cross LF over RF, step RF to right side, step LF next to RF – 04 :30 –

[9-16] : SHUFFLE LOCK, CROSS ROCK SIDE, KICK, SIDE, FIST R&L, R HAND UP&DOWN, DRAG

1&2 Step RF forward, CROSS LF behind RF, step RF – 04 :30 –
3&4 Cross Rock LF over RF, recover on RF behind LF, step LF to L side – 03 :00 –
&5 Kick RF over LF, step RF to right side * *
6& Punch R hand forward, Punch L arm forward
7.8 Raise R arm up (R hand open), lower R arm towards chest (R forearm forward & R fist closed) dragging RF to LF *

* TAG 1 : at the end of the 8th wall, replace DRAG by HOLD and make the 12 following counts :

[1-12] KICK, SIDE, FIST R&L, R HAND UP&DOWN, DRAG, STEP LOCK STEP, CROSS ROCK SIDE, KICK, SIDE, FIST R&L, R HAND UP&DOWN, DRAG

&1 Kick RF over LF, step RF to right side
2& Punch R arm forward, Punch L arm forward
3.4 Raise R arm up (R hand open), lower R arm towards chest (R forearm forward & R fist closed) dragging RF to LF – 01 :30 –
5&6 Step RF forward, CROSS LF behind RF, step RF – 04 :30 –
7&8 Cross Rock LF over RF, recover on RF behind LF, step LF to L side – 03 :00 –
&9 Kick RF over LF, step RF to right side
10& Punch R hand forward, Punch L arm forward
11.12 Raise R arm up (R hand open), lower R arm towards chest (R forearm forward & R fist closed) dragging RF to LF

** TAG 2 : on wall 10, dance until count 5 from section 2, then make the 7 following counts :

[1-7] FIST R, FIST L, HANDS UP, HANDS SLOWING DOWN, SNAP & TOUCH

1 Punch R arm forward,
2 Punch L arm forward
3 Raise both arms up (forming a V with both hands open),
456 lower R arm slowly during three counts
7 Snap with both hands to each side, Touch R point next to LF

*** FINAL : on wall 11, in order to finish the dance face to 12 :00, when you DRAG RF to LF, make a 1/2 turn R (weight on LF) raise forearms with palms facing you and fists closed :

&1 Strike fist D with fist G twice in succession, then open the hands with the fingers spread apart after the second strike

Dance co-written with Zaza DELAGE, and especially taught during festival "Country En Retz", to Saint-Viaud, Pays de la Loire – 44, France

Bonne danse !

Last Update - 3 Aug 2023
