

She Bangs

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Beginner
編舞者: Eun Hee Yoon (KOR) - December 2023
音樂: She Bangs - Ricky Martin



**** Intro Dance: 80 counts**

**** 3 Tags, No Restarts**

Sec. 1) Toe Strut (R, L), Forward Walks (R, L, R), Scuff

1-2 Touch RF toe forward with hip bump (1), RF heel drop (2)
3-4 Touch LF toe forward with hip bump (3), LF heel drop (4)
5-6 RF walk forward (5), LF walk forward (6)
7-8 RF walk forward (7), Scuff LF forward (8)

Sec. 2) Forward Rock, Recover, Shuffle 1/2L, Cross Triple Step (R, L)

1-2 Rock LF forward (1), Recover on RF (2)
3&4 1/4L LF to L side (3), RF next to LF (&), 1/4L LF forward (4) (6:00)
5&6 Cross RF over LF (5), LF behind RF (&), Cross RF over LF (6)
7&8 Cross LF over RF (7), RF behind LF (&), Cross LF over RF (8)

Sec. 3) (Side Rock, Recover, Cross, Hold) (R, L)

1-2 Rock RF to R side (1), Recover on LF (2)
3-4 Cross RF over LF (3), Hold (4)
5-6 Rock LF to L side (5), Recover on RF (6)
7-8 Cross LF over RF (7), Hold (8)

Sec. 4) Side, Touch (R, L), Hip Bumps (R, L, R, L), 1/4L Hitch

1-2 RF to R side (1), Touch LF next to RF (2)
3-4 LF to L side (3), Touch RF next to LF (4)
5-6 RF to R side with hip bump R (5), Hip bump L (6)
&7-8 Hip bump R (&), Hip bump L (7), 1/4L hitch RF with slap your thighs (8) (3:00)

** Tag. 1) End of Wall 5 (facing 3:00), Wall 10 (facing 6:00) – 8 counts

1-4 Touch RF diagonal forward with hip roll from right to left, RF in place
5-8 Touch LF diagonal forward with hip roll from left to right, LF in place

** Tag. 2) End of Wall 12 – 4 counts (facing 12:00)

1-4 Touch RF diagonal forward with hip roll 4 counts (stay weight on LF)

Email: yun690982@gmail.com