Ramalama Bang Bang



拍數: 64 牆數: 2 級數: Intermediate

編舞者: Mark Furnell (UK) & Chris Godden (UK) - May 2024

音樂: Ramalama Bang Bang - Roisin Murphy



Intro: 48 Counts, Start at approx 26 secs

SEC 1 1/8 Step,	Lock,	Step,	1/4	Step,	Lock,	Step,	Tog	get	her	Kick	, Ste	₽p
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Turn ½ right step right forward, lock left behind right (1:30)
 Step right forward, turn ¼ left step left forward (10:30)

5-6 Lock right behind left, step left forward

7-8 Step right beside left kick left forward, step left forward

SEC 2 Press, Sweep X3, Back Rock, Step, Together, Body Roll

1-2 Press right forward, recover weight onto left and sweeping right (10:30)

3-4 Step right back and sweep left, step left back and sweep right

5-6 Rock right back, recover weight onto left

&7-8 Step right forward, step left beside right, body roll up

SEC 3 % Jazz box, % Paddle x4

1-2 Cross right over left, turn ¼ right step left back (1:30)
3-4 Turn ½ right step right to right, step left forward (3:00)

Turn ½ left point right to right, turn ½ left point right to right (12:00)

Turn ½ left point right to right, turn ½ left point right to right (9:00)

Restart Here on Wall 3, Dance Tag 1 then restart

SEC 4 Step, 1/4 Pivot, Arm Movements, Chest Pops

1-2 Step right forward, pivot ¼ left transferring weight on to left (6:00)

3-4 Run hand down body as if unzipping a zip

5-6 Take right hand to heart, take right hand to right side like you are holding your heart

7-8 Pull chest back, push chest forward while closing and opening right hand

SEC 5 Jump x4, Jump Out, Jump In, Kick, Jump Out, Knee Twist

Jump both feet forward, jump both feet forwardJump both feet forward, jump both feet forward

Styling Shimmy shoulders while jumping forward

5&6& Jump both feet out, jump both feet in, kick left over right, jump both feet out weight on left

7-8 Twist right knee in, twist right knee out transferring weight on to right

SEC 6 Together, Side, Brush, 1/2 Step, Together, Step, Ball Step, Step

1-2 Step left beside right step right to right

3-4 Brush left forward, turn ½ left step left forward (4:30)

5-6 Step right beside left, step left forward

&7-8 Step right beside left, step left to left, step right forward

SEC 7 Syncopated Rocks, Step, ½ Pivot, Full Turn

1-2& Rock left forward, recover weight onto right, step left beside right
3-4& Rock right forward, recover weight onto left, step right beside left
5-6 Step left forward, pivot ½ right transferring weight on to right (10:30)
7-8 Turn ½ right step left back, turn ½ right step right forward (10:30)

SEC 8 Cross, 1/8 Side, 1/4 Sailor, Walk, Walk, Ball Lock, Full Unwind Turn

1-2 Cross left over right, turn 1/8 left step right to right (9:00)

3&4	Turn ¼ left step left behind right, step right to right, step left forward (6:00)
5-6	Step right forward, step left forward
&7-8	Step right forward, lock left behind right, unwind full left transferring weight on to left (6:00)

Tag After 16 counts of Wall 3 - TAKING A PICTURE OF ME/YOU Step, 1/4 Pivot, Arm Movements

1-2	Step right forward, pivot ¼ left transferring weight on to left (6:00)
	otop right formala, pivot /4 fort transforming morgint on to fort (0.00)

3-4 Run hand down body as if unzipping a zip

5-6 Take right hand to heart, take right hand to right side - Take out your phone

7-8 You will then hold your phone here for 2 counts like you are taking a picture of yourself

Cross, Full Unwind, Full Unwind

1-8 Cross right over left, unwind full turn left transferring weight on to left over 7 counts

ON COUNT 8 TURN YOUR PHONE OVER LIKE TAKING A SELFIE

1-8 Unwind full turn right keeping weight on right over 8 counts

Ending After 56 counts of Wall 5

Run x16

1-16 Randomly run around room for 16 counts ending facing front wall then dance the first 14

counts of the dance hitting slow beats