

She Shot Me

拍數: 40 牆數: 4 級數: Low Intermediate
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音樂: Bang Bang (feat. Adam Levine) - K'naan



Sequence: A* AAA BA* AAA BA* AA BA*
Intro. 8c

Part A

Sect 1. Step Touch Backward R-L, Back Mambo, Step Touch L-R, Mambo 1/2 turn.

1&2&. Step R back(1), Touch L forward (&), Step L back (2), Touch R forward (&)
on part A* on the word "She Shot Me" the timing here will be a1a2 with same steps, then:
3 & 4 . Rock R Back (3), Recover on L(&), Step R forward (4),
5&6& Step L forward(5), Touch R side(&), Step R forward(6), Touch L side(&)
on part A* The timing here will be a5a6 then:
7&8. Rock L forward (7), Recover on R (&), 1/2 Turn left Step L Forward(8) [6.00]

Sect 2. Syncopated V Step, Cross, 1/4 Turn Forward, Forward Mambo, Anchor Step

1&2& Step R Out Diagonally Forward (1), Step L out (&), Step R home(2), Step L home (&)
on part A* the timing here will be a1a2, then:
3 – 4 Cross R over L (3), 1/4 turn left Step L forward (4) [3.00]
5 & 6 Rock R step Forward(5), Recover on L(&), Step R back(6)
7 & 8 Step L Back(7), Rock R Forward(&), Recover on L(8)
on part A* on the word "Bang Bang" change the Step to : back with Chest Pop in Out in
7 & 8 Step L Back with Chest in(7), Hold with Chest out(&), Hold with Chest in(8)

Part B. 24c

S1. Rock Recover, Boogie Walk, Forward Mambo, Back Mambo, Coaster Step

1 – 2 Rock R Back(1), Recover On L(2)
3 & 4 Step R Ball Forward(3), Step L Ball Forward(&), Step R Ball Forward(4)
5 & 6 Rock L Forward(5), Recover On R(&), Step L Back(6)
7 & 8 Step R Back(7), Close L Together(&), Step R Forward(8)

S2. Rock, Recover, 1/2 Turn Forward R – L, Pivot 1/4 Turn, Pivot 1/2 Turn

1 & 2 Rock L Forward(1), Recover on R(&), 1/2 Turn L Step L Forward(2) [6.00]
3 & 4 Rock R Forward(3), Recover on L(&), 1/2 Turn R Step R Forward(4) [12.00]
5 – 6 Step L Forward(5), 1/4 Turn R Body Weight on R(6) [3.00]
7 – 8 Step L Forward(7), 1/2 Turn R Body Weight on R(8) [9.00]

S3. Chasse, Touch In Out In Out, Coaster 1/4 Turn, Kick Ball Touch

1&2& Step L Side(1), Close R Together(&), Step L Side(2), Touch R Next to L(&)
3 & 4 Touch R Side(3), Touch R Next To L(&), Touch R Side(4)
5 & 6 1/4 Turn R Step R Back(5), Close L Together(&), Step R Forward(6) [12.00]
7 & 8 Kick L Forward(7), Step L Ball Next To L(&), Touch Point R Toe Side(8)

Note: part A* is only on the Rap Lyric "She Shot Me", with hand Style options on Section 1:

For count 1. Bend your left arm in front of your neck, for count 2. Put your Right arm Straight forward with fingers shaping a gun, then pop up the 'gun' twice on the lyric "Bang Bang"

For count 5 just Put your Right arm straight forward at shoulder level, then pop up the 'gun' twice on the lyric "Bang Bang"

In Section 2: for count 2. cross both arms in front of your chest with right fingers shaping a gun and look over the left shoulder, then pop up the 'gun' twice on the lyric "Bang Bang"

