

Sh'bang

拍數: 0 牆數: 2 級數: Intermediate
編舞者: Frank Cooper (CAN)
音樂: She Bangs - Ricky Martin



Sequence: AAA, BB, AAA, Tag, BBAA, Tag, hold 4 counts, B to the end

PART A

RIGHT AND LEFT TOE STRUTS TO RIGHT SIDE, SIDE ROCK TO RIGHT, SYNCOPATED WEAVE

- 1-4 Touch right toe to right side, drop heel to floor, touch left toe across right, drop heel to floor
- 5-6 Rock right to right side, recover onto left
- 7&8 Cross right behind left, step left to left side, cross right over left
- 9-16 Repeat first 8 counts, reversing steps, starting with left toe struts to left side

WALK FORWARD RIGHT, LEFT, RIGHT, AND CLAP, WALK FORWARD LEFT, RIGHT, LEFT, AND CLAP

- 17-18 Step forward crossing slightly right, step forward left
- 19&20 Step forward right, double clap
- 21-22 Step forward crossing slightly left, step forward right
- 23&24 Step forward left, double clap

Keep these steps small

SYNCOPATED JUMP OUT, OUT, HOLD, IN, IN, HOLD, HIP BUMP RIGHT, LEFT, RIGHT, LEFT

- &25-26 Step right to right side, step left out to left side, hold
- &27-28 Step right home, step left home, hold
- 29-32 Push hips right, left, right, left (down for 2 and up for 2)

PART B

STOMP RIGHT, STEP LEFT, STOMP RIGHT, STEP LEFT, ROCK STEP RIGHT, SHUFFLE ½ TURN RIGHT

- 1-4 Stomp right forward, step left forward, stomp right forward, step left forward
- 5-6 **Rock right forward, recover onto left**
- 7&8 Step right ¼ turn to right, step left beside right, step right ¼ turn to right finishing half turn to right
- 9-16 Repeat first 8 counts, reversing steps, starting with left stomp forward

JAZZ LUNGE ¼ TURN RIGHT, COASTER STEP, ½ TURN TO LEFT

- 17-18 Cross right over left, step back on left ¼ turn right
- 19-20 Big step to right side, drag left to right
- 21&22 Step left back, step right together, step left forward
- 23-24 Point right toe forward, ½ turn left keeping weight on left

SYNCOPATED HIP BUMPS FORWARD, CHASE TURN, ½ TURN TO RIGHT

- 25&26 Step right forward pushing hips right, left, right
- 27&28 Step left forward pushing hips left, right, left
- 29&30 Step right forward pushing hips right, left, right
- 31&32 Step left forward, step right beside left making ½ turn right, step left forward

TAG

Repeat 25-32 of Part A (Syncopated jumps out & in, 4 hip bumps)