

Shake Your Bon

COPPER KNOB
STEPSHEETS

拍數: 48 牆數: 2 級數: Intermediate
編舞者: Karen Farndon
音樂: Shake Your Bon-Bon - Ricky Martin



FORWARD STEPS, RIGHT MAMBO, FORWARD STEPS, LEFT MAMBO ¼ TURN RIGHT

1-2 Step forward right, step forward left
3&4 Rock right to right side, rock weight onto left, step right beside left
5-6 Step forward left, step forward right
7&8 Rock left ¼ turn right to left side, rock weight onto right, step left beside right

2 SIDE STEP TOUCHES, STEP PIVOTS, LOCKS

9-10 Step right to right side, touch left beside right
11-12 Step left to left side, touch right beside left
Steps (9-12) can be replaced with a right snake roll and a left snake roll
13-14 Step right forward, ½ pivot left on ball of right stepping forward left
15& Step right forward, lock-step left behind right
16& Step right forward, lock-step left behind right

STEP TURN, KICK STEP STEP, STEPS, MAMBO

17-18 Step right forward, step left forward ¼ left
19&20 Kick right forward, step right slightly out to right, step left slightly out to left
21-22 Step forward right, step forward left
23&24 Rock right to right side, rock weight left, step right beside left

STEP STOMP PIVOT, ROCK ROCK TOUCH, STEPS, RIGHT MAMBO

&25 Step left beside right, stomp right forward
26 ½ pivot left on balls of both feet
27&28 Rock right to right side, rock weight left, touch right to right side
29-30 Step forward right, step forward left
31&32 Rock right to right side, rock weight left, touch right beside left

RIGHT & LEFT SWITCH TOUCHES, RIGHT ½ SWEEP, 4 HIP BUMPS

33& Touch right toe to right side, switch right beside left
34& Touch left toe to left side, switch left beside right
35-36 Touch right to right side and sweep ½ turn right touching right beside left
37-40 Bump hips right 4 times

2 KICKS WITH HEEL TWIST TWICE

41& Kick right forward, step right beside left
42& Kick left forward, step left beside right
43 Step right slightly forward of left
&44 On balls of both feet twist heels right then to center
45& Kick left forward, step left beside right
46& Kick right forward, step right beside left
47 Step left slightly forward of right
&48 On balls of both feet twist heels left then to center

REPEAT

Omit steps 31&32 on the second & fifth walls

