

Shake Your Bon Bon

拍數: 48 牆數: 4 級數: Improver
編舞者: Pam Pike (UK)
音樂: Shake Your Bon-Bon - Ricky Martin



Start on Lyric "I'm a desperado..."

HITCH KNEES, RIGHT KICK BALL CROSS, ROCK OUT

- 1 Hitch right knee across left leg pushing down with both hands either side of your body
- 2 Step right next to left and raise both hands up to shoulder height
- 3 Hitch left knee across right leg pushing down with both hands either side of your body
- 4 Step left next to right and raise both hands to shoulder height
- 5&6 Kick right foot forward, step ball of right foot next to left, cross left foot in front of right
- 7-8 Step right foot to right side, replace weight onto left foot

SIDE SHUFFLES WITH CROSS ROCKS

- 9&10 Right side shuffle (step right to right side, step left next to right, step right foot to right side)
- 11-12 Cross left foot in front of right and rock onto it, replace weight onto left foot
- 13&14 Left side shuffle (step left foot to left side, step right next to left, step left foot to left side)
- 15-16 Cross right foot in front of left and rock onto it, replace weight onto right foot

RIGHT SIDE STEPS WITH A QUARTER AND A HALF TURN

- 17-18 Step right foot to right side, clap hands once or shimmy
- &19-20 Step left foot next to right, step right foot to right side, clap hands once or shimmy
- &21-22 Step left foot next to right, step right foot to right side making $\frac{1}{4}$ turn right, step left foot forward
- 23-24 Pivot $\frac{1}{2}$ turn right, step forward on left foot

ROCK AND COASTER STEPS

- 25-26 Step right foot forward, replace weight onto left
- 27&28 Right coaster step (step back on right foot, step back on left, step forward on right)
- 29-30 Step left foot forward, replace weight onto right
- 31&32 Left coaster step (step back on left foot, step back on right, step forward on left)

TWO COMPLETE TURNS AND TWO QUARTER PIVOTS

- 33-34 Step right foot forward beginning $\frac{1}{2}$ turn left, step left foot back completing whole turn
- 35-36 Step right foot forward beginning $\frac{1}{2}$ turn left, step left foot back completing whole turn
- 37-38 Step right foot forward, pivot $\frac{1}{4}$ turn left
- 39-40 Step right foot forward, pivot $\frac{1}{4}$ turn left

CROSS TOE STRUTS WITH BODY SHAKES

Raising your hands to shoulder height and pumping your arms and hips backward and forward as you go:-

- 41-42 Cross right foot in front of left placing toes down first, then place heel to the floor
- 43-44 Cross left foot in front of right placing toes down first, then place heel to the floor
- 45-46 Cross right foot in front of left placing toes down first, then place heel to the floor
- 47-48 Cross left foot in front of right placing toes down first, then place heel to the floor

REPEAT

In order for the dance to stay phrased with the music you must lose counts 15 & 16 on the second and fifth time of dancing the sequence