

Shake Your Bon Bon

COPPER KNOB
STEPSHEETS

拍數: 48 牆數: 4 級數: Intermediate/Advanced
編舞者: Michelle Hatton (UK)
音樂: Shake Your Bon-Bon - Ricky Martin



BOTAFOGOS TWICE

- 1 Step left forward and across right
- &2 Step ball of right to right side, step left in place
- 3 Step right forward and across left
- &4 Step ball of left to left side, step right in place

VOLTA SPOT TURN LEFT, SIDE STEP WITH HIP BUMPS

- 5 Cross left in front of right turning left
- & Step right to side and slightly forward turning left
- 6 Cross left in front of right completing one whole turn left

Try using a swiveling action keeping the ball of the left in contact with the floor

- 7-8 Step right to right side bumping hips to right twice, (with finger clicks)

TRAVELING VOLTA RIGHT, TOE SWITCHES, ¼ TURN, HIP PUSHES

- 9&10 Cross left over right, step right to right side, cross left over right
- 11& Touch right toe to right side, close right to left
- 12& Touch left toe to left side, close left to right
- 13-14 Touch right toe to right side, keeping feet in place turn ¼ right
- &15&16 With right foot in front and weight back on left, push hips forward, back, forward, back

Do not dance steps & 15 & 16 on 2nd and 5th walls

MOONWALK, BACKWARD LOCK STEP

- 17 Slide right back with foot flat keeping knee straight and popping left knee
- 18 Slide left back with foot flat keeping knee straight and popping right knee
- 19&20 Step right back, cross left in front of right, step right back

BACK STEP, SIDE STEP, FORWARD STEP, KICK BALL CHANGE

- 21& Step left back, step right to side turning ¼ right
- 22 Step left forward turning ¼ right
- 23&24 Kick right forward, step back on ball of right, step left in place

STATIONARY WALKS X 3, STEP, HITCH ½ LEFT

- 25 Close right to left pushing hips forward (flexing knees)
- & Touch ball of left back (toe turned out)
- 26 With weight forward on right, slip right back slightly.
- 27 Close left to right pushing hips forward (flexing knees)
- & Touch ball of right back (toe turned out)
- 28 With weight forward on left, slip left back slightly
- 29&30 Repeat steps 25 & 26
- 31-32 Step left forward, hitch right knee turning ½ left

FULL TURN RIGHT, FORWARD LOCK STEP

- 33 Step right forward turning ½ right
- 34 Step left back turning ½ right
- 35&36 Step right forward, cross left behind right, step right forward

KICK, KICK, KICK STEP, STEP

- 37& Kick left forward, close left to right
38& Kick right forward, close right to left
39&40 Kick left forward, step left out to left, step right out to right

SHAKE SHOULDERS, 'CHUG' FULL TURN LEFT

- 41-44 Shake shoulders alternately up and down x 4 (leaning to right by flexing right knee, then straightening up)
&45 Turning left, hitch right knee slightly, tap right toe to side
&46&47 Repeat steps & 45 two more times
& Completing one whole turn left, hitch right knee slightly
48 Step right foot to side ending feet apart

REPEAT
