

# Shake Your Bon-Bon

拍數: 40      牆數: 4      級數: Intermediate  
編舞者: Joanna Alyse Akerboom  
音樂: Shake Your Bon-Bon - Ricky Martin



## RUNNING MAN SEQUENCE

- 1& Step forward on right foot, step left foot in place
- 2& Step back on right foot, step left foot in place
- 3& Step forward on right foot, step left foot in place
- 4 Step right foot beside left foot
- 5& Step forward on left foot, step right foot in place
- 6& Step back on left foot, step right foot in place
- 7& Step forward on left foot, step right foot in place
- 8 Touch left foot beside right foot

## SIDE, TOGETHER, SIDE, TOGETHER, SIDE, TOGETHER, SIDE; SIDE, TOGETHER, SIDE, TOGETHER, SIDE, TOGETHER, ¼ TURN (WITH LATIN FLAIR)

- 1& Step left foot to left side, slide right foot beside left foot
- 2& Step left foot to left side, slide right foot beside left foot
- 3& Step left foot to left side, slide right foot beside left foot
- 4 Step left foot to left side
- 5& Step right foot to right side, slide left foot beside right foot
- 6& Step right foot to right side, slide left foot beside right foot
- 7& Step right foot to right side, slide left foot beside right foot
- 8 Make ¼ turn right onto right foot

## MAMBO LEFT, MAMBO RIGHT WITH ¼ TURN RIGHT, MAMBO LEFT, MAMBO RIGHT WITH ¼ TURN RIGHT

- 1& Step left foot to left side, step right foot in place
- 2-3 Step left foot beside right foot, Step right foot to right side
- &4 Step left foot in place, make ¼ turn right onto right foot
- 5-8 Repeat steps 1-4

## POINT, HITCH, POINT, HITCH, ½ TURN, ½ TURN, BUMP, BUMP, BUMP, BUMP

- 1&2 Point left foot to left side, hitch left knee, step left foot forward
- 3&4 Point right foot to right side, hitch right knee, step right foot forward
- 5 Pivot ½ turn right on right foot, stepping back on left foot
- 6 Pivot ½ turn right on left foot, stepping forward on right foot
- & Step left foot to left side (with hip bump)
- 7&8 Bump hips to right, bump hips to left, bump hips to right

## SWING, TURN, SWING, TURN, SWING, TURN, ½ TURN

- 1 Step forward on left foot (swinging arms forward)
- 2 Step back on right foot (swinging arms back)
- 3 Pivot ½ turn left onto left foot (swinging arms forward)
- 4 Step back on right foot (swinging arms back)
- 5 Pivot ½ turn left onto left foot (swinging arms forward)
- 6 Step back on right foot (swinging arms back)
- & Step left foot beside right foot
- 7 Step forward on right foot
- 8 Pivot ½ turn onto left foot

REPEAT

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