

She Bangs

COPPER KNOB
BY STEPHEN METZ

拍數: 32 牆數: 2 級數: Intermediate
編舞者: Sho Botham (UK)
音樂: She Bangs - Ricky Martin



SALSA HIP BUMPS, 3 WALKS AND KICK

1&2-3&4 Hip bumps right with lots of salsa style, hip bumps left
5-6-7 Three walks traveling towards right, walking right-left-right
8 Kick left forward facing $\frac{1}{4}$ turn left

CAMEL WALKS WITH OPTIONAL BODY BUMPS, STEP LEFT INTO OFF-BEAT CHA-CHA BASIC

9-12 Two camel walks forward (step left, tuck right under) with optional body bumps, shimmies or just lots of attitude - raise your arms, and have fun
13 Step left to right
14-15 Rock right forward across left, replace weight on left (end facing starting wall)
16&17 Cha-cha-cha movement or shuffle (right-left-right) traveling and turning $\frac{1}{4}$ to right

Counts 14-17 are an "off-beat" cha-cha basic

PIVOT $\frac{1}{4}$ TURN, SHUFFLE RIGHT ACROSS FRONT OF LEFT, SIDE ROCK, REPLACE

18-19 Step left, right making $\frac{1}{4}$ pivot turn to right
20&21 Shuffle left-right-left across front of left traveling to right
22-23 Side rock right to right, replace weight on left (let hips go with the flow of movement)

SAILOR SHUFFLES AND HITCH WITH CLAP

24&25-26&27 Two sailor shuffles with lots of hip action right-left-right, left-right-left
28&29-30&31 Two sailor shuffles with lots of hip action right-left-right, left-right-left
32 Hitch right, right foot beside left knee, (let hips go left if comfortable for you) and clap hands

REPEAT
