

She Bangs

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 2 級數: Beginner
編舞者: Alan Clarke (UK) & Nikki Hack (UK)
音樂: She Bangs - Ricky Martin



HEEL & TOE, KNEE OUT TOGETHER, TOE STRUTS

& Step back on right foot
1&2 Place left heel forward, step left in place, touch right toe next to left
3-4 Turn right knee out to right side, turn right knee back in place
5-6 Touch right toe forward, place right heel down
7-8 Touch left toe forward place left heel down

HIP BUMPS RIGHT & LEFT, TOE STRUTS MAKING ½ TURN LEFT

1&2 Step right foot to right side (bumping hips to the right twice)
3&4 Step left foot to left side (bumping hips to the left twice)
5-6 Touch right toe forward, place right heel down
& Make ½ turn over your left shoulder
7-8 Touch left toe forward, place left heel down

KICK BALL FORWARD, KICK CROSS, LEFT TOUCH, STEP BEHIND, KICK BALL FORWARD

1&2 Kick right foot forward, step right in place, step forward on left
3-4 Kick right foot to right side, step right foot across left (weight on right)
5-6 Touch left toe to left side, step left foot behind right (weight on left)
7&8 Kick right foot forward, step right in place, step forward on left

STEP, SLIDE STEP SCUFF, STEP SLIDE STEP TOUCH

1-2 Step forward on right, slide left foot up to right
3-4 Step forward on right, scuff right foot forward
5-6 Step forward on left, slide right foot up to left
7-8 Step forward on left touch right toe beside left

REPEAT

TAG 1

The first two breaks come in after the words 'A woman has one thing on her mind', at the end of the first two choruses. For both of these, do are 2 hip rolls to the left over 8 counts.

TAG 2

The third break comes in 4 counts before the 3rd chorus on the drum roll. Do 2 hip rolls to the left over 4 counts.