She Bangs



拍數: 32 牆數: 4 級數: Intermediate

編舞者: William Ambrose (UK) 音樂: She Bangs - Ricky Martin



CUBAN ROCK FORWARD, SHUFFLE BACK, CUBAN ROCK BACK, SHUFFLE FORWARD

1-2 Rock forward to right diagonal on right foot (keeping body straight) while bumping hips

diagonally back left, rock back on left while bumping hips diagonally forward right

3&4 Step right back, close left beside right, step right back

5-6 Rock back to left diagonal on left foot (keeping body straight) while bumping hips diagonally

forward right, rock forward on right bumping hips diagonally back left

7&8 Step left forward, close right beside left, step left forward

Steps 3&4, 7&8 can be replaced with normal rocks

STEP FORWARD ½ TURN WITH HOOK AND CLICK, SHUFFLE FORWARD, SIDE HOLD, TOGETHER ¼ TURN KICK FORWARD LEANING BACK

9-10 Step forward on right, on ball of right foot turn a ½ turn left while hooking left foot up and

clicking fingers in the air

11&12 Step left forward, close right beside left, step left forward

13-14 Step right to right side, hold

& Step left beside right

15-16 Step right to right side turning a ¼ turn left on the step, kick left forward leaning back

STEP FORWARD HITCH RIGHT UP CLICKING FINGERS, SHUFFLE FORWARD, STEP FORWARD WITH HIP BUMPS BENDING KNEES

17-18 Step forward on left, hitch right up behind left leg while clicking fingers up in the air,

19&20 Step right forward, close left beside right, step right forward

21-22 Step left diagonally forward while bumping hips left, bump hips right

23-24 Bump hips left, bump hips right On steps 21-24 bend knees down then up

FRONT TOUCH HOLD, BEHIND SIDE TOUCH STEP BEHIND, BEHIND UNWIND ½ RIGHT, SHUFFLE FORWARD

25-26 Touch right forward, hold & Step right behind left

27-28 Touch left to left side, step left behind right,

29-30 Step right behind left, unwind a ½ turn right (weight ends on right foot)

31&32 Step left forward, close right beside left, step left forward

REPEAT

TAG 1

Performed after the first and second choruses. The choruses each consist of 64 counts. At the end of the choruses add on the first 8 counts of the dance

TAG 2

Performed before the third chorus. Add 4 hip bumps left, right, left, right