

# She Bangs

COPPER KNOB  
STEPSHEETS

拍數: 64      牆數: 4      級數: Intermediate  
編舞者: Laurel Ingram (UK)  
音樂: She Bangs - Ricky Martin



## SIDE STEP CHASSE RIGHT ½ TURN PIVOT RIGHT ¼ TURN PIVOT RIGHT

1-2            Step right foot to right side, step left foot beside right  
3&4           Step right to right side, step left together, step right  
5-6           Step forward left pivot ½ turn right  
7-8           Step forward left pivot ¼ turn right

## SIDE STEP CHASSE LEFT ½ TURN PIVOT LEFT ¼ TURN PIVOT LEFT

9-10           Step left to left side, step right foot beside left  
11&12        Step left to left side, step right together, step left  
13-14        Step forward right pivot ½ turn left  
15-16        Step forward right pivot ¼ turn left

## WALKS FORWARD & BACK

17-18        Step right foot forward, step left foot beside right. (circling hips to the right)  
19-20        Step right foot forward, step left foot beside right. (circling hips to the right)  
21-24        Walk back right left, right, left (shimmying shoulders)

## CROSS ROCK & ¾ TRIPLE TURN, FORWARD WALKS

25-26        Cross right foot over left, recover back left  
27&28        Triple step (right-left-right) ¾ turn over right shoulder  
29-32        Step forward left, right, left, touch right foot beside left (shimmying shoulders)

## RIGHT & LEFT SAILOR STEP, 2 ¼ PIVOT TURNS

33&34        Cross right foot behind left, rock left to left side, step right to right side  
35&36        Cross left foot behind right, rock right to right side, step left to left side  
37-38        Step right foot forward ¼ pivot turn left, (circling hips to the left)  
39-40        Step right foot forward ¼ pivot turn left (circling hips to the left)

## RIGHT & LEFT SAILOR STEP, 2 ¼ PIVOT TURNS

41&42        Cross right foot behind left, rock left to left side, step right to right side  
43&44        Cross left foot behind right, rock right to right side, step left to left side  
45-46        Step right foot behind left ¼ pivot turn right (circling hips to the right)  
47-48        Step right foot behind left ¼ pivot turn right (circling hips to the right)

## FORWARD MOVING ROCK CROSS STEPS ROCK FORWARD & BACK

49&50        Rock right to right side, rock weight onto left in place, step right forward across left  
51&52        Rock left to left side, rock weight onto right in place. Step left forward across right  
53&54        Rock forward right rock back onto left, step right beside left  
55&56        Step left back rock forward onto right, step left beside right

## BACK LOCK STEPS, STOMP, KICK & FULL TURN

57&58        Step right back, lock left across right, step back right  
&59           Lock left across right, step back right  
&60           Lock left across right, step back right  
61            Stomp left foot beside right

62-64

Kick right foot to right side, cross right foot across left with a full turn over left shoulder weight ending on left foot)

**REPEAT**

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