

# She Bangs

**COPPER** KNOB  
BY STEPSHEETS

拍數: 32      牆數: 4      級數: Intermediate  
編舞者: Dixie Lynn (USA)  
音樂: She Bangs - Ricky Martin



## INTRO

Repeat 32 count intro 3 times to right and left side (hold first 32 beats)

### RIGHT SIDE SHUFFLE, ROCK STEP; WITH HEEL TWIST LEFT AND RIGHT

- 1-2            Step right foot to right side, step left foot beside right foot, step right foot to right  
3&4            Rock back on left foot, step right foot forward  
5-8            Both heels together, twist to left then to right

### TWO JAZZ SQUARES LEFT FOOT

- 9-12           Cross left foot over right; step back on right, then left; step front on right  
13-16          Repeat steps 9-12

### LEFT SIDE SHUFFLE, ROCK STEP; WITH HEEL TWIST RIGHT AND LEFT

- 17-18          Step left foot to left side, step right foot beside left foot, step left foot to left  
19-20          Rock back on right foot, step left foot forward  
21-24          Both heels together, twist to right then left

### TWO JAZZ SQUARES RIGHT FOOT

- 25-28          Cross right foot over left foot; step back on left foot, step back on right foot; step forward on left foot  
29-32          Repeat steps (25-28)

## THE MAIN DANCE

### HEEL, TOE, HEEL HEEL

- 1-4            Right heel forward, right toe touch back, right heel forward tap two times  
5-8            Left heel forward, left toe touch back, left heel forward tap two times

### HIP SWIVELS IN FULL CIRCLE LEFT

- 9-16           Step right foot forward, turn in 8 count circle to left, using ball of right foot to turn, as you circle hips in full turn left

### GRAPEVINE WEAVE TO RIGHT, WITH $\frac{3}{4}$ TURN TO RIGHT

- 17-24          Step right foot to right side, step left foot behind right, step right foot to right side, cross left foot over right, step right foot to right side, step left foot behind right, step right while making a quick  $\frac{3}{4}$  turn to right, on ball of right foot

### LEFT SHUFFLE FORWARD, RIGHT SHUFFLE FORWARD, WITH SIDE LUNGES LEFT & RIGHT

- 25-28          With left foot shuffle forward left, right, left; then with right foot shuffle forward right, left, right  
29-32          Step left foot to left side, quickly return left foot next to right, step right foot to right side, quickly return right foot next to left

## REPEAT

## TAG

### After wall 3

- 1-8            Step right foot to right side step left next to right, step right foot to right side, step left foot next to right foot, step left foot to left side, step right next to left, step left foot to left side, step right next to left

**BREAK**

**After wall 5**

**Repeat variation, repeat 32 count intro 2 times to right and left side**

1-8 Step right foot to right side step left next to right, step right foot to right side, step left foot next to right foot, step left foot to left side, step right next to left, step left foot to left side, step right next to left

1-16 Right side shuffle, rock step, heel twist and jazz squares

17-32 Left side shuffle, rock step, heel twist and jazz squares

**Add 2 slow heel twists to right and left, begin chorus again**

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