

# She Bangs

**COPPER KNOB**  
STEPSHEETS

拍數: 0                      牆數: 2                      級數: Intermediate/Advanced  
編舞者: Linda Bonneau (USA) & Lee Bonneau (USA)  
音樂: She Bangs - Ricky Martin



Sequence: AA, BB, AA, C, BB, AA

## PART A

### 3 TOE/HEEL STEPS FORWARD, ½ TURN TO RIGHT

1-2                      Step right toe forward, flatten right foot  
3-4                      Step left toe forward, flatten left  
5-6                      Step right toe forward, flatten right foot  
7-8                      ½ turn to right with weight on left foot, touch right foot in place

### 2 TOE/HEEL STEPS FORWARD, RIGHT MAMBO FORWARD, LEFT MAMBO BACK

1-2                      Step right toe forward, flatten right foot  
3-4                      Step left toe forward, flatten left foot  
5&6                      Right rock forward, left step in place, right step home  
7&8                      Left rock back, right step in place, left step home

### RIGHT SIDE MAMBO, LEFT SIDE MAMBO, JAZZ BOX

1&2                      Right rock to right side, left step in place, right step home  
3&4                      Left rock to left side, right step in place, left step home  
5-8                      Jazz box (cross right foot over left foot, step back left foot, step right foot next to left foot, step left foot in place)

### FULL MONTEREY TURN

1-4                      Right toe touch right, pivot ½ turn right (on ball of left, stepping right beside left at completion of turn), left toe touch to left, left step beside right  
5-8                      Repeat steps

### STEP TO SIDE, STEP TO SIDE, ¼ TURN LEFT

1-2                      Step right foot to right, bring left foot beside right  
3-4                      Repeat  
5-6                      Step left foot to left, bring right foot beside left  
7-8                      Repeat

### ¼ turn to left

1-8                      Repeat 1-8

## PART B

### RIGHT HIP FORWARD TWICE, ROCK ½ TURN RIGHT

1-2                      Move right hip forward and back twice  
5-8                      Rock forward right foot, rock back while turning right ½ turn, stepping right, left

### HIP IN CIRCULAR MOTION TWICE, ROCK AND ½ TURN RIGHT

1-4                      Move hips in circular motion for 4 counts  
5-8                      Rock forward right foot, rock back while turning right ½ turn, stepping right, left

### FULL PADDLE TURN LEFT, RIGHT AND LEFT ROLLING VINES OR GRAPEVINE

1-8                      Pivoting ¼ turn left on ball of left, touch right toe to right side, repeat step 1, three more time (completing a full turn)  
1-4                      Right step to right, left step behind right, right step to right, left step next to right

5-8 Left step to left, right step behind left, left step to left, right step beside left

**PART C**

**BRIDGE: FULL PADDLE TURN LEFT**

1-8 Pivoting  $\frac{1}{4}$  turn left on ball of left touch right toe to right side. Repeat step 3 more times  
(completing a full turn)

**FINISH**

On last Part A you will do a  $\frac{1}{2}$  Monterey turn ("Thinking of her...") and then start Part B till end of song

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