

She Bangs

COPPERKNOB
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
