

She Bangs!

拍數: 32 牆數: 4 級數: Improver
編舞者: Sue Johnstone (UK)
音樂: She Bangs - Ricky Martin



BACK TOE STRUT, BACK TOE STRUT, 4 STEPS BACK

1-2 Step back on right toe, drop heel
3-4 Step back on left toe, drop heel
5-8 Step back right, left, right, left, (bending knees slightly)

Swing arms & click fingers to left on right steps and to the right on left steps. On 'She Bangs' chorus, wave arms high in the air on counts 1-4

SIDE STRUT, CROSS STRUT, SIDE STRUT, ¼ TURNING COASTER

9-10 Step right toe to right, drop heel (swing arms right click fingers)
11-12 Cross left toe across right, drop heel (swing arms left click fingers)
13-14 Step right toe to right, drop heel (swing arms right click fingers)
15&16 Step left behind right turning ¼ to left, step right next to left, step left forward

ROCK FORWARD, ROCK BACK, COASTER STEP

17 Rock diagonally forward on right (push hips right)
18 Rock diagonally back onto left (push hips left)
19&20 Coaster step (right-left-right)
21-24 Repeat steps 17-20 starting with left rock forward

WALK, WALK, SHUFFLE, WALK, WALK, SHUFFLE

25-26 Step forward on right, step forward on left
27&28 Right shuffle in place (right-left-right)
29-30 Step forward on left, step forward on right
31-32 Left shuffle in place (left-right-left)

Lots of hip movement on counts 25-32

REPEAT

TAG

At the end of walls 5 and 10 there is an 8 count tag

1-2 Rock right, rock left
3&4 Triple step in place (right-left-right)
5-6 Rock left, rock right
7&8 Triple step in place (left-right-left)

At the end of wall 12 there is a 4 count hold (facing front wall)