

# 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)