

Shebang!

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Kate Sala (UK)
音樂: She Bangs - Ricky Martin



LEFT STEP, BACK STEP, CROSS SHUFFLE, RIGHT STEP, SLIDE, HIP ROLL

1-2 Step left to left side, step back right
3&4 Cross step left over right, step right to right side, cross step left over right
5-6 Long step right to right side, slide left beside right, (weight remains on right)
7-8 Circle left knee and hips to the left

FORWARD ROCK, BACK ROCK, SAILOR STEP, CROSS STEP, LEFT STEP

1-2 Cross rock left over right, rock back onto right
3-4 Rock step left diagonally back left, rock onto right in place
5&6 Cross left behind right, step right to right side, step left to left side
7-8 Cross step right over left, step left to left side

BACK ROCK, TRIPLE ½ TURN LEFT, BACK ROCK, LEFT SHUFFLE

1-2 Rock back onto right, rock forward onto left
3&4 Triple step ½ turn left, stepping - right, left, right
5-6 Rock back onto left, rock forward onto right
7&8 Step forward left, close right beside left, step forward left

WALK, HOLD, WALK, HOLD, CROSS STEP, BACK STEP, SHUFFLE ¼ TURN RIGHT

1-2 Step right forward to right diagonal, hold
3-4 Step left forward to left diagonal, hold
5-6 Cross step right over left, step back on left
7&8 Turn ¼ right stepping right forward, close left beside right, step right forward

For extra styling shimmy during the walks

REPEAT
