

# J-Bang!

COPPER KNOB  
STEPSHEETS

拍數: 52      牆數: 4      級數: Intermediate/Advanced  
編舞者: Jenna J. Bennett (USA)  
音樂: She Bangs - Ricky Martin



## MAMBO TO SIDE RIGHT, LEFT, WALK FORWARD, BODY ROLL (2 TIMES)

1&2      Step right to right, rock in place on left, shift back to right  
3&4      Step left to left, rock in place on right, shift back to left  
5-6      Walk forward right, left  
7-8      Roll body/ hips forward to the left motion

9-16      Repeat steps 1-8

## MAMBO TO SIDE WITH ½ TURNS

17&18      Mambo to right side, right, left, right  
&      ½ turn to right on ball of right  
19&20      Mambo to left side, left, right, left  
21&22      Mambo to right side right, left, right  
&      ½ turn to right on ball of right  
23&24      Mambo to left side left, right, left

## STOMPS, RODEO KICKS WITH LEFT AND RIGHT

25-28      Stomp right beside left, rodeo kick left to front and side, stomp beside right  
29-32      Touch right beside left, rodeo kick right to front and side, touch beside left

## KICK BALL TOUCH LEFT, KICK BALL TOE BACK RIGHT, STEP, KNEE ROLLS

33&34      Kick ball touch - kick right, ball change to left touch beside right  
35&36      Kick ball toe back - kick left, ball change to right toe back behind left  
37-38      Step right, left  
39-40      Roll knees out right, left

## MAMBO BACK AT ANGLE, RIGHT, LEFT, POINT CROSS FORWARD

41&42      Mambo back at 45 angle right, right, left, right  
43&44      Mambo back at 45 angle left, left, right, left  
45-46      Point right toe to right, cross over left  
47-48      Point left toe to left, cross over right

## 1/8 MILITARY TURNS (2X) WITH HIP SWIVELS

49-50      Step forward on right with hip rolls, turn 1/8 turn to left  
51-52      Repeat steps 49-50

**REPEAT**

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