

J-Bang!

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
