

Bon Bon Shake

拍數: 88 牆數: 4 級數: Advanced samba
編舞者: Bronya Bishorek (MY)
音樂: Shake Your Bon-Bon - Ricky Martin



HEEL TOE SWIVELS, TRAVELING LEFT TO WALL (FACING 3:00)

- 1-2 With legs only slightly apart lean weight to toes and swivel both heels left, hold
- 3-4 Pick toes up with weight on heels and shift toes left, hold
- 5-8 Repeat

½ TURN LEFT (FACING 9:00), SIDE STEPS

- 1-2 Make a ½ turn left step right to right side, push palm of hand forward twice
- 3-4 Step left next to right, looking sharply to the right
- 5-6 Step right to right, push palm of hand forward twice
- 7-8 Step left next to right, looking sharply to the right

¼ TURN RIGHT, WASH WINDOWS WITH 'S' SHAPE MOTION OF HANDS (12:00)

- 1-2 Turn ¼ right stepping left to left, sway body to left
- 3-4 Sway body right, bending knees to lower body
- 5-6 Sway body left, bending knees to lower body
- 7-8 Sway body right, standing tall

TOUCH LEFT FORWARD, BODY ROLLS, ¼ TURN RIGHT AND REPEAT

- 1-4 Place left toe forward while pushing shoulders forward to start body roll till hips
- 5-8 ¼ turn right and repeat (3:00)

TOE HEEL TAPS

- 1-4 With left knee bent tap toe, then heel and toe, toe finishing with weight on left
- 5-8 Touch right toe forward, bent at knee and tap toe, then heel and toe, toe

SAMBA WHISKS

- 1-4 Step right across left, step left to left on ball, step right in place, hold
- 5-8 Step left across right, step right to right on ball, step left in place, hold

SAMBA WHISKS AND WALKS

- 1-4 Step right across left, step left to left on ball, step right in place, hold
- 5-8 Step left next to right, step right back on ball, step left in place, hold

STATIONARY SAMBA ¼ TURN RIGHT (6:00)

- 1-4 Make ¼ turn right, step right next to left, step left back on ball, step right in place, hold
- 5-8 Step left next to right, step right back on ball, step left in place, hold

AROUND THE WORLD HIPS WITH DRAIN PIPE ACTION WITH ¼ TURNS

- 1-4 Place right toe forward with knee bent, rotate hips around the toe gradually moving down like a sink draining away
- 5-8 Make a ¼ turn left and repeat (3:00)

AROUND THE WORLD HIPS WITH DRAIN PIPE ACTION WITH ¼ TURNS

- 1-4 Make a ¼ turn left, place right toe forward with knee bent, rotate hips around the toe gradually moving down like a sink draining away (12:00)
- 5-8 Make a ¼ turn left and repeat (9:00)

RUNNING STEPS

- 1-4 Step right forward, step left beside right, step right forward, flick left foot up behind body while body makes slow motion running motions
- 5-8 Step left forward, step right beside left, step left forward, flick right foot up behind body while body makes slow motion running motions

REPEAT

TAG

On the 2nd and 5th walls remove the first 4 counts of the body roll steps and go straight into the $\frac{1}{4}$ turn and body roll.
