

Bang

拍數: 32 牆數: 2 級數: Intermediate/Advanced
編舞者: Jo Everhart (USA)
音樂: She Bangs - Ricky Martin



STEP, SIT, STAND, SIT (BUTT AND BUST MOVEMENT)

- 1-2 Step right foot back slightly, bend knees as you lower into a sitting position (weight will remain on right foot)
3-4 Stand up as you shift weight forward to left foot, bend knees as you lower into a sitting position shifting weight back onto right foot.

STAND, STEP, TURN AND STEP, STEP-SLIDE

- 5-6 Stand up as you shift weight forward onto left foot, step right foot to right
7-8& Turn $\frac{1}{4}$ wall to left as you step forward on left foot, step forward on right foot, slide left foot up next to right heel (5th position)

SKATE RIGHT, SKATE LEFT, SKATE RIGHT, ROCK & RECOVER

- 9-10 Step forward at right diagonal on right foot making a skate motion, step forward at left diagonal on left foot making a skate motion
11-12& Step forward at right diagonal on right foot making a skate motion, rock on left foot behind right foot, recover weight onto right foot

STEP, HITCH, TURN AND KICK, CROSS AND STEP

- 13-14 Step left foot to left, hitch right knee up
15-16& Turn $\frac{1}{4}$ wall to right as you kick right foot forward, cross right foot over left, step back on left foot

STEP, TOE TOUCH, KICK, CROSS AND STEP

- 17-18 Step right foot to right, touch left toe next to right foot
19-20& Kick left foot forward, cross left foot over right foot, step back on right foot

STEP, KNEE POP, KNEE POP, STEP

- 21-22 Step left foot to left (shoulder width apart), pop right knee forward as you lift right foot up onto toe
23-24 Lower right heel as you pop left knee forward and lift left foot up onto toe, step left foot next to right foot

STEP, TOUCH, SWEEP, TOUCH

- 25-26 Step right foot to right, touch left toe next to right foot.
27-28 Sweep left foot counter-clock-wise as you make a $\frac{1}{2}$ wall left turn, touch left toe next to right foot

STEP, STEP AND SLIDE, STEP, STEP

- 29-30& Step forward on left foot, step forward on right foot, slide left foot up behind right heel (5th position)
31-32 Step forward on right foot, step left foot to left

REPEAT

TAG

At the end of the fifth and tenth rotations.

STEP, SWEEP, STEP, SWEEP

- 1-4 Step right foot back, sweep left foot around to the left from front to back for three counts

5-8 Step back on left foot, sweep right foot around to the right from front to back for three counts

After the 12th rotation

STEP, SIT, STAND, SIT--REPLACE COUNT ONE

1-4 This is the first original 4 counts of the dance (step, sit, stand, sit)

5 Stand up, which will replace the first step of the dance which is the step back. From here you resume the sit and stand on counts 2 and 3, etc
