

Bang

拍數: 48 牆數: 4 級數: Intermediate
編舞者: Pam Peterson (USA)
音樂: Bang the Drum All Day - Todd Rundgren



TOE, HEEL, CROSS & CROSS, SIDE ROCK TOGETHER TWICE

1-2 Touch right toe in towards instep of left foot, tap right heel in front
3&4 Cross right over left, step on left, cross right over left
5&6 Rock left to left side, step on right in place, step left beside right
7&8 Rock right to right side, step on left in place, step right beside left

TOE, HEEL, CROSS & CROSS, SIDE ROCK TOGETHER TWICE

1-2 Touch left toe in towards instep of right foot, tap left heel in front
3&4 Cross left over right step on right, cross left over right
5&6 Rock right to right side, step on left in place, step right beside left
7&8 Rock left to left side, step on right in place, step left beside right

SHUFFLE FORWARD, ½ TURN SHUFFLE, ½ TURN SHUFFLE, SHUFFLE

1&2 Shuffle forward right, left, right
3&4 ½ turn shuffle left, right, left (over right shoulder)
5&6 ½ turn shuffle right, left, right (over right shoulder)
7&8 Shuffle forward left, right, left

CROSS, KICK WITH ¼ TURN RIGHT, SAILOR SHUFFLE, CROSS, KICK WITH ¼ TURN LEFT, SAILOR SHUFFLE

1-2 (Crossing right over left) touch right toe, kick right forward, turning ¼ to right
3&4 Right behind left, step left, step right
5-6 (Crossing left over right) touch left toe, kick left forward, turning ¼ to left
7&8 Left behind right, step right, step left

SAILOR SHUFFLES TWICE, KICK FORWARD TWICE, MODIFIED JAZZ BOX

1&2 Right behind left, step on left, step on right
3&4 Left behind right, step on right, step on left
5-6 Kick right forward twice
7&8 Cross right over left, step back on left, step on right (turning ¼ to right)

STOMP, HOLD, SHUFFLE, STOMP, HOLD, STEP, STEP

1-2 Stomp left, hold
3&4 Shuffle right, left, right
5-6 Stomp left, hold
7-8 Step right, step left

REPEAT