

Bang! Bang!

拍數: 40 牆數: 4 級數: Intermediate
編舞者: Gloria Johnson (USA)
音樂: Bang, Bang, Bang - Nitty Gritty Dirt Band



MONTEREY TURN WITH SIDE SHUFFLE, CROSS-STEP, UNWIND, SIDE SHUFFLE

1-2 Point right toe to right side; pivot ½ turn right on left foot placing weight on right foot
3&4 Step left foot to left side; step right together; step left to left side
5-6 Cross-step right foot over left; unwind ½ turn left keeping weight on right
7&8 Step left foot to left side; step right together; step left to left side.

KICK-BALL-CROSSES, SIDE ROCK-STEP; TURNING COASTER

9&10 Kick right foot forward; step on ball of right; cross-step left over right
11&12 Kick right foot forward; step on ball of right; cross-step left over right
13-14 Rock-step right foot to right side; rock onto left foot
15&16 Turning ¼ right, step right foot back; step left beside right; step right forward.

MONTEREY TURN WITH SIDE SHUFFLE; CROSS-STEP, UNWIND; SIDE SHUFFLE

17-18 Touch left toe to left side; pivot ½ turn left on ball of right placing weight on left foot
19&20 Step right foot to right side; step left together; step right to right side
21-22 Cross-step left over right; unwind ½ turn right keeping weight on left
24&24 Step right foot to right side; step left together; step right to right side.

KICK-BALL-CROSSES, SIDE ROCK-STEP, SAILOR SHUFFLE

25&26 Kick left foot forward; step on ball of left; cross-step right over left
27&28 Kick left foot forward; step of ball of left; cross-step right over left
29-30 Rock-step left foot to left side; rock onto right foot
31&32 Swing left foot around behind right foot and step on it; step on right in place; step on left in place.

SLOW "MASHED POTATO" STEP

33-34 On balls of feet, step right behind left (heels are pointed to the center; toes pointed out); swivel toes to center
35-36 As you step left behind right, swivel heels to center; swivel toes to center
37-38 As you step right behind left, swivel heels to center; swivel toes to center
39-40 As you step left behind right, swivel heels to center; swivel toes to center

REPEAT
