

She Bangs

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Hillbilly Rick (USA) - October 2008
音樂: She Bangs - Ricky Martin



Start after 16 beats

Step R To R, Drag L Behind R X2 - R Side Shuffle - L Kick Ball Change

1-4 Step R to R, Drag Step L behind R, Step R to R, Drag Step L behind R
5&6 (R side shuffle) - Step R to R & Step L next to R - Step R to R
7&8 (L Kick Ball Change) Kick L foot forward & Step on ball of L foot -Step R in place

Step L To L, Drag R Behind L X 2 - L Side Shuffle, R Kick Ball Change

1-4 Step L to L, Drag Step R behind L, Step L to L, Drag Step R behind L
5&6 (L side shuffle) - Step L to L & Step R next to L - Step L to L
7&8 (R Kick Ball Change) Kick R foot forward & Step on ball of R foot -Step L in place

Cross Walk Fwd Rlrl - R Shuffle Fwd -L Rock Step Fwd, Back On To R

1-4 Walk or Cross (more latiny) walk forward R L R L
5&6 (R Shuffle Forward) - Step R forward & Step L next to R - Step R forward
7-8 Rock step forward on L - Rock step back in place on R

Back At L Angle, Step Back L, Drag R Across L X 2 -L Shuffle Back - R Rock Step

1-2 Stepping back at a 45 degree angle L - Step back L at L angle -Drag Slide Step R across L
3-4 Same as above - Step back L at L angle - Drag Slide Step R across L
5&6 L shuffle backwards at 45 degree angle
7-8 R Rock step back - Rock back forward and step in place on L

Step R To R, L Behind, R Shuffle To R, L Cross Rock Step, L Shuffle To L

1-2 Step R to R - Step L behind R
3&4 (R side shuffle to R) - Step R to R - Step L next to R - Step R to R
5-6 Cross Rock step L over R - Rock back and step in place on R
7&8 (L shuffle to L) - Step L to L - Step R next to L - Step L to L

Step R Fwd - Hold - Turn W Bump - Hold - L Sailor - 1/4 Turn R Sailor

1-2 Step R forward and Hold
3-4 Make a 1/4 turn to L (hard bump with Hip out to R) & Hold
5&6 L Sailor Shuffle
7&8 1/4 turn R Sailor Shuffle, 1/4 turn R as you step back on R, Step L to side, Step R to side

L Rock Step Fwd, Back On R - L Coaster - R Rock Step Fwd, Back On L - R Coaster

1-2 Left rock step forward - Rock back and step in place on R
3&4 L Coaster Step
5-6 R rock step forward - Rock back and step in place on L
7&8 R Coaster Step

Moving Fwd L Angle - Step L Fwd, Drag R Behind L, X 2 - L Shuffle Fwd - Side Rock Turn

1-2 Moving forward at 45 degree angle to L, Step forward on L - Slide Lock Step forward on R to behind L
3-4 Step forward at angle with L - Slide R up behind L into lock step
5&6 L shuffle forward at 45 degree angle L
7-8 (Turning Side Rock) - Rock Step R out to R side - As you rock back and step in place on L make a 1/4 turn L to face a new wall of dance!

