

ALL BANGED OUT!

LINEDANCE.COM

Count: —

Wall: 4

Level: intermediate/advanced

Choreographer: Sharon Walton

Music: She Bangs by Ricky Martin

Sequence:AAA, TAG 1, A, A(1-32), TAG 1, A, TAG 2, A to the end

PART A

CHASSE RIGHT, ROCK AND RECOVER, CHASSE LEFT, ROCK AND RECOVER

- 1&2** Step right to right side, close left beside right, step right to right side
- 3-4** Rock back on left, rock forward on right
- 5&6** Step left to left side, close right beside left, step left to left side
- 7-8** Rock back on right, rock forward on to left

Advanced option:

CHASSE RIGHT, CROSS, FULL UNWIND, CHASSE LEFT, CROSS, FULL UNWIND

- 1&2** Step right to right side, close left beside right, step right to right side
- 3-4** Cross left over right, unwind full turn right
- 5&6** Step left to left side, close right beside left, step left to left side
- 7-8** Cross right over left, unwind full turn left

TOE STRUTS FORWARD WITH "FURIOUS" SHIMMY, KICK BALL CHANGE, TOUCH, BODY ROLL

- 9-10** Touch right toe forward, drop right heel (shimmy)
- 11-12** Touch left toe forward, drop left heel (shimmy)
- 13&14** Kick right foot forward, step ball of right back, step forward left
- 15-16** Touch right toe forward, bend knees and body roll over two counts

RIGHT MONTEREY TURN, PENDULUM SWING, CROSS, UNWIND, JUMP STEPS

- 17-18** Touch right to right side, on ball of left make ½ turn right stepping right beside left
- 19&20** Touch left to left side, step left beside right, touch right to right side
- &21** Step right beside left, touch left to left side

22-23 Cross left over right, unwind ½ turn right

&24 Step small step forward right, step small step forward left (feet should be slightly apart)

STEP, SLIDE, STEP, CLAP (TWICE)

25-26 Step right diagonally forward, slide left beside right

27-28 Step right diagonally forward, clap

29-30 Step left diagonally forward, slide right beside left

31-32 Slide left diagonally forward, clap

Advanced option

STEP, SLIDE, STEP WITH FORWARD SHOULDER BODY ROLLS (TWICE)

25-26 Step right diagonally forward, slide left beside right

27-28 Step right diagonally forward, tap left beside right (make a snake movement with your body, by rolling your shoulders forward & returning to an upright position)

29-30 Step left diagonally forward, slide right beside left

31-32 Step left diagonally forward, tap right beside left (make a snake movement with your body, by rolling your shoulders forward & returning to an upright position)

JUMPING STEPS FORWARD, SHOULDER POPS X3, SAILOR ¼ TURN LEFT, JUMPING STEPS FORWARD, CLAP

&33 Step left forward, step right forward (bend knees, place hands on thighs)

34-35 Pop right shoulder to right, pop left shoulder to left

36-37 Pop right shoulder to right, cross left behind right

&38 Step right ¼ turn left, step back on left

&39-40 Step forward left, step forward right, clap hands

CROSS ROCK, STEP TOUCH TWICE (WITH CUBAN HIP MOVEMENT), CHASSE RIGHT

41-42 Cross rock right over left, rock back on left

43-44 Step right to right side, touch left beside right

45-46(Use Cuban hips) step right to right side, step left beside right

47&48(Use Cuban hips) step right to right side, close left beside right, step right to right side

Advanced option

CROSS ROCK, FULL TURN RIGHT TWICE, CHASSE RIGHT

- 41-42** Cross rock right over left, rock back on left
- 43-44** On ball of left spin ½ turn right stepping forward right, on ball of right spin ½ turn right stepping back left
- 45-46** On ball of left spin ½ turn right stepping forward right, on ball of right spin ½ turn right stepping back left
- 47&48** Step right to right side, close left beside right, step right to right side

ROCK & RECOVER, HEEL AND CROSS, STEP, KNEE POP, HIP CIRCLES

- 49-50** Rock back on left, rock forward on right
- 51&52** Touch left heel diagonally forward, step left beside right, cross right over left
- 53-54** Step left to left side, pop right knee towards left knee (push left hip out)
- 55&56** Circle hips in figure of 8 movement moving right to left

CROSS ROCK, STEP, POINT WITH KNEE BEND, SYNCOPATED GRAPEVINE LEFT WITH "FURIOUS" SHIMMY

- 57-58** Cross rock right over left, rock back on left
- 59-60** Step right to right side, bend right knee
- 61-62** Point left foot back (lean forward from waist), step left to left side
- &63-64** Cross right behind left, step left to left side, cross right over left

REPEAT

TAG 1

To be danced after 3rd and 5th repetition

ROCK & RECOVER, COASTER STEP, ROCK & RECOVER, COASTER STEP

- 1-2** Rock forward on right, rock back on left
- 3&4** Step back right, step left beside right, step forward right
- 5-6** Rock forward on left, rock back on right
- 7&8** Step back left, step right beside left, step forward left

TAG 2

To be danced on 6th wall only

STEP, TAP, SHIMMY TWICE

1-2 Step right foot forward, tap left beside right (shimmy)

3-4 Step left foot forward, tap right beside left (shimmy)

Source: LineDance.com — https://www.linedance.com/index.php?f=dance_view&id=65238