

# Bang My Head

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**Count:** 64      **Wall:** 2      **Level:** Intermediate

**Choreographer:** Stephen & Lesley McKenna (Scotland) April 2016

**Music:** Bang My Head by David Guetta feat. Sia & Fetty Wap (3:14) on Now that's what I call music! 93

**Intro:- 16 counts, start on the word 'Bound' when she sings ' I was Bound'**

**Section 1: R side, touch, behind, side, L cross shuffle, R cross shuffle, ball, rock, recover**

- 1-2      Step R to R side, touch L toe next to R
- 3&      Step L behind R, small step R to R side
- 4&5      Cross L over R, small step R to R side, cross L over R
- 6&7      Cross R over L, small step L to L side, cross R over L
- &8-1      Small step L to L side, rock forward R into L diagonal, recover L

**Section 2: R coaster step, ball, step, L samba, R samba**

- 2&3      Turn 1/8 L stepping back R, step L next to R, step forward R (9 O'clock)
- &4      Small step L next to R, step forward R
- 5&6      Cross L over R, step R to R side, step L in place
- 7&8      Cross R over L, step L to L side, step R in place (Travel forward slightly with Sambas)

**Section 3: Cross, unwind ½ R, behind, unwind ½ R, L shuffle forward, R shuffle back**

- 1-2      Cross L over R, unwind ½ R (weight on L)
- 3-4      Tuck R behind L, unwind ½ R (weight on R - 9 O'clock)
- 5&6      Step forward L, step R next to L, step forward L
- 7&8      Step back R, step L next to R, step back R

**Section 4: Ball, cross, unwind ¾ L, side rock, recover, behind, ¼ R, step, R sailor ¼ R**

- &1-2      Step L next to R, cross R over L, unwind ¾ L (weight on R - 12 O'clock)
- 3-4      Rock L to L side, recover R
- 5&6      Step L behind R, turn ¼ R stepping R, step forward L (3 O'clock)
- 7&8      Step R behind L, turn ¼ R stepping L to L side, step R to R side (6 O'clock) \*Restart

**Section 5: ¼ L flick, R shuffle forward, step, pivot ½ R, touch, L shuffle forward, step , pivot ¾ L, touch**

- 1 Turn ¼ L stepping L as you flick R heel up (3 O'clock)  
2&3 Step forward R, step L next to R, step forward R  
4&5 Step forward L, pivot ½ R stepping R, touch L next to R (9 O'clock)  
6&7 Step forward L, step R next to L, step forward L  
8&1 Step forward R, pivot ¾ L stepping L, touch R next to L (12 O'clock)

**Section 6: R shuffle forward, step, pivot ½ R, touch, L extended step lock**

- 2&3 Step forward R, step L next to R, step forward R  
4&5 Step forward L, pivot ½ R stepping R, touch L next to R (6 O'clock)  
6&7 Step forward L, lock R behind, step forward L  
&8 Lock R behind L, step forward L

**Section 7: R side shuffle, hinge ½ L, R side shuffle, hinge ½ L, R mambo**

- 1&2 Step R to R side, step L next to R, step R to R side  
3 Hinge ½ L stepping L to L side (12 O'clock)  
4&5 Step R to R side, step L next to R, step R to R side  
6 Hinge ½ L stepping L to L side (6 O'clock)  
7&8 Step forward R, step L in place, step R next to L

**Section 8: Ball, toe strut, ball, cross, point, L sailor step, R sailor step, ball**

- &1-2 Small step back L, touch R toe back, drop R heel (weight on R)  
&3-4 Small step L next to R, cross R over L, point L toe to L side  
5&6 Step L behind R, step R to R side, step L to L side  
7&8& Step R behind L, step L to L side, step R to R side, step L next to R

**\*Restart - During wall 3, dance section 4 then step L next to R and restart the dance. You will be facing 6 O'clock for restart.**

**Enjoy!**

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