

BANG



Choreographed by Rhoda Lai

Description: Phrased, 2 wall, high intermediate exercise class dance

Music: **Bang Bang** by Jessie J, Ariana Grande, Nicki Minaj

Sequence: 2-count intro, ABB, ABBA, A(1-32), Tag, BBBB

Start dancing on lyrics

PART A (64 counts)

RIGHT SIDE TOUCH, LEFT SIDE TOUCH, SHOULDER POP RIGHT, LEFT, RIGHT, LEFT

1-2 Step right side, touch left in place

3-4 Step left side, touch right in place

5-8 Rock right side (shoulders to right), recover to left (shoulders to left), rock right side (shoulders to right), recover to left (shoulders to left)

¼ LEFT LEAN BACK, HOLD, LEAN FORWARD, HOLD, LEAN BACK, LEAN FORWARD, LEAN BACK, RIGHT FLICK

1-2 Turn ¼ left (weight to right, lean body back), hold (9:00) - *Raising right hand lasso*

3-4 Rock left forward (lean forward), hold - *Dropping right hand lasso*

5-6 Recover to right (lean back), rock left forward (lean forward) - *Robotic arms up & down*

7-8& Recover to right (lean back), step left forward, flick right back

RIGHT KICK STEP, LEFT BACK ROCK RECOVER, LEFT KICK STEP, RIGHT GLIDE TWICE

1-4 Kick right forward, cross right over, rock left back, recover to right

5-6 Kick left forward, step left together

7&8& Slide/touch right diagonally back, touch right together, slide/touch right diagonally back, touch right together (bend left knee)

RIGHT JAZZ BOX ¼ RIGHT CROSS, ¼ LEFT, ½ LEFT, HOP LEFT TWICE TURNING ¼ LEFT

1-4 Cross right over, turn ¼ right and step left back, step right side, cross left over

5-6 Turn ¼ left and step right back, turn ½ left and step left forward

7-8 Hop left in place, turn ¼ left and hop left in place (12:00)

RIGHT SIDE, HOLD, LEFT BACK RECOVER, LEFT SIDE, HOLD, RIGHT BACK RECOVER, RIGHT SIDE, HOLD

1-2&3 Step right side, hold, rock left back, recover to right

4-5&6 Step left side, hold, rock right back, recover to left

7-8 Step right side, hold

LEFT CROSS, HOLD, RIGHT SIDE-RECOVER-CROSS, HOLD, ¼ RIGHT, ½ RIGHT, ¼ RIGHT, HOLD

1-2&3-4 Cross left over, hold, rock right side, recover to left, cross right over

5&6-7-8 Hold, turn ¼ right and step left back, turn ½ right and step right forward, turn ¼ right and step left side, hold (12:00)

TRAVELING HEEL SPLITS RIGHT, TRAVELING HEEL SPLITS LEFT (*With knee slightly bent*)

1-4 Swivel left heel/right toe to right, swivel left toe/right heel to right, swivel left heel/right toe to right, swivel left heel/right toe to center

5-8 Swivel left toe/right heel to left, swivel left heel/right toe to left, swivel left toe/right heel to left, swivel left toe/right heel to center (weight to left)

RUN RIGHT, LEFT, RIGHT, LEFT, BOOTY SHAKES OR SHIMMY

1-4 Turn ¼ left and step right forward, turn ¼ left and step left forward, turn ¼ left and step right forward, turn ¼ left and step left side (12:00)

5-8 Hold for 4 counts (shake booty or shoulder shimmy)

PART B (32 counts)

RIGHT STOMP TWICE, RIGHT KICK-BALL-SIDE, DRAG RIGHT AND SHIMMY

1-2 Stomp right side, stomp right side

3&4 Kick right forward, step right together, big step left side

5-6 Drag right toward left over 2 counts

7-8& Step left together, hold (shimmy over 2 counts), step right together

STOMP LEFT ¼ RIGHT TWICE, LEFT KICK-BALL-SIDE, DRAG LEFT AND CHEST POP

1-2 Step left forward, turn ¼ right (weight to right), step left forward, turn ¼ right (weight to right) (6:00)

3&4 Kick left forward, step left together, big step right side

5-6 Drag left toward right over 2 counts

7-8 Step left together, hold (bounce knees or chest pop twice)

RIGHT HITCH, RIGHT SIDE-ROCK-CROSS, LEFT SIDE ROCK, LEFT FORWARD ROCK, HOLD

1-2&3 Hitch right, rock right side, recover to left, cross right over

4-8 Rock left side, recover to right, rock left forward, recover to right, hold (6:00)

LEFT BACK ROCK, LEFT STEP TURN ½ RIGHT, ½ RIGHT, BODY ROLL

1-2 Rock left back, recover to right

3-4-5 Step left forward, turn ½ right (weight to right), turn ½ right and step left together

6-7-8 Hold for 3 counts (body roll upward) (6:00)

TAG:

JAZZ BOX

1-4 Cross right over, step left back, step right side, step left together