

SHE BANGS

Choreographers: George & Pamela Hurd, 2021 N. Caribou Rd., Gilmer, TX 75644 Ph: 602-321-2078
Rhythm: Cha Speed: 29 MPM Phase: IV + 1 (Dbl Cubans) + 1 (Circular Cross Body)
Music: "She Bangs" Artist: Tony Evans Album: Dancebeat 3 - Latin Heat Track: 3
Available from Amazon as mp3 download Note: Music edited & slowed Original Length: 4:47
Website: www.gphurd.com E-mail: gphurd@aol.com Time: 2:47 @ 29 MPM
SEQ: INTRO-ABC-INTERLUDE-B(Mod)-C(Mod) Footwork: Opp for Lady (except where noted)
Release Date: 6 August 2017 Standard timing 123&4 except where noted Ver 1.0

INTRO

1-4 WAIT; WAIT; FULL TURN CHASE;;

[Wait] M fcg ptr & wall wait 2 measures hnds on hips w/lead feet free pointed sd; ;

[Full Trn Chase] Fwd L trng RF ½ , fwd R trng RF ½ , bk L/lk R, bk L (bk R, rec L, fwd R/lk L, fwd R);

Bk R, rec L, fwd R/lk L, fwd R (fwd L trng RF ½ , fwd R trng RF ½ , bk L/lk R, bk L);

5-8 OP HIP TWIST; FAN; ALEMANA;;

[Op Hip Twst] Fwd L, rec R, bk L/slip R bk slightly, cl L (bk R, rec L, fwd R/lk L, fwd R/trng RF ¼);

[Fan] Bk R, rec L, XRIF of L trng hips LF/cl L to R trng hips RF, sd R (fwd L, fwd R trng LF bk L/lk R, bk L to fc RLOD) to fan pos M fc WALL;

[Alemana] Fwd L, rec R, sd in place L/R, L (cl R to L, fwd L, fwd R/lk L, fwd R trng ¼ RF to fc M); Bk R, rec L, sd R/cl L to R, sd R (fwd & across L DLC trng RF under jnd ld hnds, fwd R DRW trng RF trn, sd & fwd L/cl R to L, sd L) to BFLY WALL;

PART A

1-4 RK REC TO TRIPLE BK CHAS;; RK REC TWRL HER TO HAMMERLOCK WITH TRIPLE FWD CHAS;;

123&4 [Rk to Trpl Bk Chas] Rk fwd L, rec bk R, w/L sd leading bk L/lk R, bk L; w/R sd

1&23&4 leading bk R/lk L, bk R, w/L sd leading bk L/lk R, bk L;

123&4 [Rk & Twrl to Hammer Lk w/Trpl Fwd Chas] Rk bk R comm to raise ld hnds high

1&23&4 w/trlng hnds low (fwd L trng RF ½ under jnd ld hnds), sd & fwd L twds W's R sd loop jnd ld hnds ovr W's head trng her RF (fwd R trng RF ½ under jnd ld hnds) to hammer lk pos, w/R sd leading fwd R/lk L, fwd R, w/L sd leading fwd L/lk R, fwd L, w/R sd leading fwd R/lk L, fwd R;

5-8 LADY UNDER M AROUND IN 2 TO FC & SD CHA;

(TO REV) RK 4 & CHA TO FC - (TO LOD) RK 4 RK SD TO FC & REC;;;

[Lady Undr M Arnd & Cha to Fc] Curving RF around W fwd L comm to raise jnd ld hnds (bk R raise jnd ld hnds), cont to trng fwd R trng W LF under jnd ld hnds to fc COH (rec fwd L trng LF to fc WALL), sd L/cl R, sd L to BFLY/COH;

12341&2 [Rk 4 & Cha to Fc] Both swvlng to OP/RLOD fwd R w/hip roll fwd, rec L w/hip roll bk, fwd R w/hip roll fwd, rec L w/hip roll bk; Both swvl to BFLY/COH sd R/cl L, sd R,

341234 [Rk 4 & Rk Sd to Fc & Rec] Both swvlng to LOP/LOD hip roll fwd, rec R hip roll bk; fwd L hip roll fwd, rec R hip roll bk, Both swvl to fc COH rk sd L, rec R to BFLY/COH;

9-12 RK REC TO TRIPLE BK CHAS;; RK REC TWRL HER TO HAMMERLOCK WITH TRIPLE FWD CHAS;;

Repeat measures 1-4 above - Starts fcg COH;;

12-16 LADY UNDER M AROUND IN 2 TO FC & SD CHA;

(TO LOD) RK 4 & CHA TO FC - (TO REV) RK 4 RK SD TO FC & REC;;;

[Lady Undr M Arnd & Cha to Fc] Repeat measures 5 above;

[Rk 4 & Cha to Fc] Repeat measure 6 to 8 above starts in LOP/LOD;;-,

[Rk 4 & Rk Sd to Fc & Rec] Starts OP/RLOD to end BFLY/WALL ,;-;

PART B**1-8 CHASE TURN M IN 4 TO TANDEM (COH); RONDE CHA CHA BOX (TWICE);;;
CHASE TURN M IN 4 (BFLY/WALL); DOUBLE CUBANS (Each Way);;**

- 1234 (123&4)** [Chase M Trans] Fwd L trn ½ RF, fwd R, fwd L, fwd R (bk R, rec L, fwd R/lk L, fwd R to end Tandem COH both w/L ft free;
[Ronde Cha Cha Box Twice] Same footwork for both ronde LIF of R, sd R, w/L sd leading bk L/lk R, bk L; Ronde RIB of L, sd L, w/R sd leading fwd R/lk L, fwd R still in Tandem COH;; Repeat to end Tandem COH;;
- 1234 (123&4)** [Chase M Trans] Fwd L trn ½ RF, fwd R, fwd L, fwd R (fwd L, rec R, bk L/lk R, bk L to end BFLY/WALL w/ld ft free;
[Dbl Cubans Each Way] XLIF of R/rec R, sd L/rec R, XLIF of R/rec R, sd L; XRIF of L/rec L, sd R/rec L, XRIF of L/rec L, sd R to BFLY/WALL;

PART C**1-5 (SHK HNDS) CIRCULAR CROSS BODY; ; ; ; ;**

[Circular Cross Body] Jn R hnds rk fwd L, rec R, trng ¼ LF to fc LOD, sd L COH/cl R, sd L (W rk bk R, rec L, fwd R/L, R) to end w/M fcg LOD W fcg COH on M's R sd); Rk bk R, rec L comm LF trn lead W acrs frnt of M w/low R hnds, cont trng LF to fc DRC in place R/L,R while trng W LF and bringing R hnds up bhnd W (W fwd L COH, fwd R comm 1 1/8 LF, cont trng LF L/R, L to fc DRC) blend to VARS w/both fcg DRC; Rk fwd L, rec R, trng 1/8 LF to fc RLOD sd L/cl R, sd L (W fwd R, fwd L release jnd L hnds trng ½ RF to fc DLW , trn another 1/8 RF to fc WALL sd R/cl L, sd & fwd R) to end M fcg RLOD (W fcg WALL) w/R hnds jnd in front of W;
Repeat measure 2 above rk bk R, rec L comm LF trn lead W acrs frnt of M w/low R hnds, cont trng LF to fc DLW in place R/L, R while trng W LF and bringing R hnds up bhnd W (W fwd L WALL, fwd R comm 1 1/8 LF cont trng LF L/R, L to fc DLW) blend to VARS w/bth fcg DLW;
Repeat measure 3 above rk fwd L, rec R, trng slightly LF sd L/cl R, sd & fwd L to fc LOD (W fwd R, fwd L release jnd L hnds and trng ½ RF to fc DRC, trn another 3/8 RF to fc LOD sd R/cl L, sd & fwd R) to end both fcg LOD w/W to R of M and R hnds jnd in front of W;

6-8 LADY SPIN IN FRONT TO FC LOD; FACING HOCKEY STICK; TO FC WALL;

[Spin Lady in Front] Rk bk R, rec L release hnds to lead W to spin LF twds LOD, fwd R/lk L, fwd R (W fwd LOD L trng ½ LF to fc RLOD, bk R cont LF trn to fc LOD, spin 1 ½ LF L/R, L) to end LOP M fcg ptr & LOD;
[Fcg Hockey Stick] Rk fwd L, rec R, bk L/lk R, bk L (W rk bk R, rec L, fwd R/lk L, fwd R); Trng ¼ RF to fc Wall rk sd R, rec L raise jnd ld hnds to trn W LF, sd R RLOD/cl L, sd R (W fwd L DRW, fwd R trng LF undr jnd ld hnds to fc COH, sd L/cl R, sd L) to BFLY/WALL;

**9-12 REVERSE UNDERARM TURN; UNDERARM TURN;
OP BREAK CHANGE SIDES TO WRAP REV; WHEEL 2 & CHA (FC LOD);**

[Rev U/A Trn] Trn RF fwd & acrs L lead W to trn undr, rec R trn LF, sd L/cl R, sd L (fwd & acrs R trn LF undr ld hnds, rec L trn LF, sd R/cl L, sd R) to LOP/WALL;
[U/A Trn] Bk R raise jnd ld hnds trng W RF, rec L, sd R/cl L, sd R (fwd & acrs L LOD trng RF undr jnd ld hnds, rec R cont RF trn to fc M, sd L/cl R, sd L) to BFLY WALL;
[Op Brk Chg Sds to Wrap RLOD] Brk apt L, rec sd & fwd R trng join trlg hnd low and raise ld hnds to wrap W LF, fwd L/lk R, fwd L trng RF (bk R, rec L, fwd R/L, R trng LF) to end WRAP pos both fcg RLOD;
[Wheel 2 & Cha to LOD] Wheel ½ RF fwd R, L to fc LOD, fwd R/lk L, fwd R (trng ½ RF small bk L, bk R, fwd L/lk R, fwd L) to end in WRAP Pos Fcg LOD;

13-16 TWIRL 2 & SD CHA; AIDA; SWITCH w/CUBAN BRK ENDING; SPOT TURN;

[Twrl 2 & Sd Cha] Fwd L raise jnd ld hnds to unwrap W RF, fwd R trng RF to Fc WALL sd L/cl R, sd L (fwd R trng RF, cont RF trn bk L to fc M, sd R/cl L, sd R) to BFLY/WALL;

[Aida] Thru R trn RF, sd L cont trn RF, bk R/lk L bk R to "V" pos bk to bk fcg RLOD;

[Switch w/Cuban Brk Ending] Bring the jnd ld hnds thru trng LF sd L to fc ptr, rec R, XLIF/rec R, sd L to BFLY/WALL;

[Spot Trn] Fwd & acrs R LOD trng LF, rec L cont LF trn to fc, sd R/cl L R, sd R to BFLY/WALL;

INTERLUDE**1-4 FULL BASIC;; THRU SWIVEL FLICK W/ CUBAN BRK END; NEW YORKER IN 4;**

[Basic] In BFLY rk fwd L, rec R, sd L/cl R, sd L; Rk bk R, rec L, sd R/cl L, sd R;

1-3&4 [Thru Swvl Flick W/Cuban Brk] Thru L, swvl LF (RF) on the L ft flick the R ft (W flick L ft) bk from the knee, XRIF/rec L, sd R to BFLY;

1234 [Nykr in 4] Trng RF fwd L twds RLOD, rec R trng LF, sd L, rec R to BFLY;

5-8 HALF BASIC; FAN; STOP & GO HOCKEY STICK;;

[½ Basic] Rk fwd L, rec R, sd L/cl R, sd L;

[Fan] Bk R, rec L, XRIF of L trng hips LF/cl L trng hips RF, sd R (fwd L, trng LF sd & bk R bk L/lk R, bk L to Fc RLOD) M fcg WALL;

[Stop & Go Hockey Stick] Fwd L, rec R, trng slightly LF ronde L ft bhnd R/small sd R, sd L (cl R to L, fwd L, fwd R/lk L, fwd R trng ½ LF under jnd ld hnds);

Lunge fwd R keeping R hnd on W's L shoulder blade, rec L trng RF, sd R/cl L, sd R (bk L RLOD extend L arm straight up palm out, rec R, fwd L/lk R, fwd L trng ½ RF) bk to FAN pos M fcg WALL;

9-10 HOCKEY STICK (OVERTURN TO FC);;

[Hockey Stick] Rk fwd L, rec R, in place L/R, L (cl R to L, fwd L, fwd R/lk L, fwd R);

Diagonally bk R, rec L raise jnd ld hnds to trn W LF, sd R/cl L, sd R (W fwd L toeing out DRW, fwd R trng LF undr jnd ld hnds to fc COH, sd L/cl R, sd L) to BFLY/WALL;

PART B (Mod)**1-8 CHASE TURN M IN 4 TO TAND (COH); RONDE CHA CHA BOX (TWICE);;;
CHASE TURN M IN 4 TO (BFLY/WALL); DOUBLE CUBANS (Each Way);;**

Repeat measures 1-8 of PART B to BFLY/WALL

9 (TO/A) TRAVOLTA LINE;

[Travolta Ln] Release hnds place R (W's L) hnd on R (W's L) hip while pressing the L (W's R) ft fwd twds LOD extend the L (W's R) arm straight up index finger pointing & hold;

PART C (Mod)**1-15 (SHK HNDS) CIRCULAR CROSS BODY; ; ; ; ; SPIN LADY IN FRONT TO FC LOD;
FACING HOCKEY STICK (TO FC WALL);;
REVERSE UNDERARM TURN; UNDERARM TURN;
OP BREAK CHANGE SIDES TO WRAP REV; WHEEL 2 & CHA (FC LOD);
TWIRL 2 & SD CHA; AIDA; SWITCH w/CUBAN BRK ENDING TO FC;**

Repeat measures 1-15 of PART C to BFLY/WALL

16 CUCARACHA W/PRESS ENDNG & HOLD;

123&- [Cucar w/Press Endng & Hold] Release hnds rk sd R, rec L, in place R/L, press R ft fwd twds DRW (W press L ft fwd twds DRC) while placing hnds on your own hips;