

Bang On!

Count: 32 Wall: 4 Level: Improver

Choreographer: Suzi Beau – Feb 2017

Music: Bodybangers ft Tony T - Break My Stride



SECTION 1: WALK KICK BALL DIP STEP, FORWARD ROCK SHUFFLE 1/2 TURN

- 1,2 & Walk fwd on R(1), Kick L (2) Step on ball of L(&).
3,4 Step fwd R dipping down(3), Step fwd L(4)
5,6 Rock fwd on R (5), Recover L(6)
7&8 Turn 1/4 R stepping R to R side(7), Step L to R (&)Turn 1/4 R Stepping R fwd(8)
(6.00)

SECTION 2: 1/4 TOUCH, SIDE TOUCH HOLD, WALK BACK L,R,L,R (WITH TOE FANS)

- 1, 2 Turn 1/4 R Stepping L to L Side(1) Touch R by L (2) (9:00)
&3.4 Step R to R Side (&) Touch L by R (3) Hold (4)
5,6 Step back on L (fan R)(5) Step back on R (Fan L)(6)
7,8 Step back on L (fan R)(7) Step back on R (Fan L)(8)

***Restart: Wall 2, Dance to count 7, Touch R by L Count 8. Restart the dance ***

SECTION 3: BACK ROCK BALL 1/4 R TOUCH, ROLLING VINE, CHASSE

- 1, 2 Rock back on L (1) Recover R (2)
&3,4 Step L next to R (&) Turn 1/4 R Stepping R to R side (3) Touch L by R(4) (12:00)
5,6 Turn 1/4 L Stepping L fwd (5) Turn 1/2 L stepping R back (6)(12:00)
7&8 Turn 1/4 L Stepping L to L side(7) Close R to L(&) Step L to L side(8)

SECTION 4: CROSS 1/4 BACK ROCK, WALKING FULL TURN

- 1,2 Cross R over L(1),Turn 1/4 R Stepping L back (2) (3:00)
3,4 Rock back on R (3) Recover on L(4)
5,6 Turn 1/4 R stepping fwd R (5) Turn 1/4 R stepping back L (6)
7,8 Turn 1/4 R stepping fwd R (7) Turn 1/4 R stepping L fwd (8)