## Metronome

Count: 32 Wall: 2 Level: Intermediate

Choreographer: Jean-Pierre Madge (March 2020)

Music: Bang! by AJR

# Out-Out And Cross and Sweep, Behind Side Cross, Side $\frac{1}{4}$ L Touch, Side $\frac{1}{4}$ L Touch, Side Together, Touch and Touch

&1&2 Heel R out (&), Heel L out (1), Step R back (&), Cross L over R (2), &3 Step R to R (&), Step L behind R and Sweep R behind L (3),

4&a5 Step R behind L (4), Step L to L (&), Cross R over L (a), Step L to L (5) 
&6& 

1/4 L and Touch R next L (&), Step R to R (6), 1/4 L Touch L next R (&)

7&8&a Step L to L (7), Step R next L (&) Touch L to L (8) Touch L next R (&), Touch L to L (a),

Tag: here after wall number 5 then start the dance!

### Step, Touch, Sweep 1/4 L Behind Side Cross, Step 1/4 L Walk-Walk, 1/2 R Kick

1-2 Step L forward (1), Touch R forward (2),

3-4&a Step R back and Sweep L doing ½ L (3), Step L behind R (4), Step R to R (&), Cross L over R (a)

5-6&7 Step R to R ¼ L (5), Walk L,R,L forward (6&7), While on L make a ½ R and Kick R forward (8),

#### And Cross and Kick, And Cross and Kick, and Kick and Kick and Kick and Step Turn 1/4 L Step.

Step R to R (&), Cross L over R (1), Step R to R (&), Kick L to L diagonal (2), Step L to L (&), Cross R over L (3), Step L to L (&), Kick R to R diagonal (4),

&5&6&7 Step R to R (&), Kick L to R diagonal(5), Step L across R (&), Kick R to R diagonal (6), Step R to R(&), Kick Left to the R diagonal (7), (Your body is facing the R diagonal during the kicks but your wall is 6 o'clock) Option: As you kick L to the diagonal, Raise R hand up and leave the L hand down, when you kick with the R do the opposite, Charleston Style!!!!

&8&1 Step L over R (&), Step R to R (8) ¼ L Step L forward (&), Step R forward (1).

### 1/4 R Step, 1/4 R Step, Cross, Rock and Cross, Kick ball Lock, Unwind 3/4 L

4&5 Rock R to R (4), Recover on L (&), Cross R over L (5)
6&7 Kick L to L diagonal (6), Step L to L (&), Lock R behind L (7)

8 Unwind <sup>3</sup>/<sub>4</sub> R weight is on your L (8)

# TAG: Wall 5 after 8 counts Walk, Walk, ½ L, Touch

1-2 Walk L forward (1), Walk R forward (2),

3-4 ½ L and Step L Forward (3), Touch R next L (4)

Smile and Start again! You did a great job!