

Bing Bang (..it's a Kidz thang)

32 count, 4 wall, beginner level

Choreographer: William Sevone. December 2006
Choreographed to: Bing Bang, Lazy Town Soundtrack

Choreographers note:- This dance is aimed at kidz from around 5 to 9 (or thereabouts) with little or no dance experience. All the steps are 'natural' to Kidz – hence the inclusion of the 'foot switch'. I have found that using the shorter soundtrack/album version is long enough to keep their interest. There is also a 'variation' if you find the dancers need a little change as well. ...And if any grown ups want to join in.....wellllllllllll.. I'm not gonna stop you. Always remember – **'Help keep kidz fit and healthy - teach them to dance'**. Dance starts on the vocals with feet together and weight on the left foot.

DANCE STARTS FACING 6:00

2x Tap Side-Cross. Foot Switch. Tap Side-Cross. Tap Side. Cross Step (6:00)

- 1 – 2 Tap right toe to right side. Cross tap right toe over left foot.
- 3 – 4 Tap right toe to right side. Cross tap right toe over left foot.
- & Step right to right side.
- 5 – 6 Tap left toe to left side. Cross tap left toe over right foot.
- 7 – 8 Tap left toe to left side. Cross **step** left foot over right.

Unwind 1/2 Right with Knee step. Fwd Marching Steps. Step. Pivot 1/2 Left (6:00)

- 9 Unwind ½ right – whilst lifting right knee & stamp right foot slightly forward (12:00).
- 10 – 11 Lift left knee & stamp left foot slightly forward. Lift right knee & stamp right foot slightly forward.
- 12 – 13 Lift left knee & stamp left foot slightly forward. Lift right knee & stamp right foot slightly forward.
- 14 Lift left knee & stamp left foot slightly forward.
- 15 – 16 Step forward onto right. Pivot ½ left (6:00).

Step. Pivot 1/2 Left. 2x Side-Together. 2x Drill Step (12:00).

(see also: Variation)

- 17 – 18 Step forward onto right. Pivot ½ left (12:00).
- 19 – 20 Touch right toe to right side. Step right next to left.
- 21 – 22 Touch left toe to left side. Step left next to right.
- 23 – 24 (on the spot) Lift right knee & stamp right foot to floor. Lift left knee & stamp left foot to floor.

Bwd Marching Steps. 1/4 Right Side. Together (3:00)

- 25 – 26 Lift right knee & stamp right foot slightly backward. Lift left knee & stamp left foot slightly backward.
- 27 – 28 Lift right knee & stamp right foot slightly backward. Lift left knee & stamp left foot slightly backward.
- 29 - 30 Lift right knee & stamp right foot slightly backward. Lift left knee & stamp left foot slightly backward
- 31 – 32 Turn ¼ right & step right to right side. Step left next to right. (3:00).

VARIATION

2x 1/4 Turn Jump. 2x Kick-Together. 2x Drill Step (12:00)

- 17 – 18 (bringing feet together) Jump up turning ¼ left. Jump up turning turn ¼ left (12:00).
- 19 – 20 Kick right foot diagonally left. Step right next to left.
- 21 – 22 Kick left foot diagonally right. Step left next to right.
- 23 – 24 (on the spot) Lift right knee & stamp right foot to floor. Lift left knee & stamp left foot to floor.

Style note: Get the kidz to swing their arms – military style – on Marching and Drill Steps .. Though I strongly suspect this will come naturally to them.

Dance Finish: (Album version only) On count 16 of wall 8 the music finishes – simply add, with count 16, a 'raise hands above head and clap'