

Bang My Head

64 Count, 2 Wall, Intermediate

Choreographer: Stephen & Lesley McKenna (UK) Apr 2016

Choreographed to: Bang My Head by David Guetta,
ft. Sia & Fetty Wap

Album: Now That's What I Call Music! 93

Track: 3:14m**Intro: 16 counts, start on the word 'Bound' when she sings ' I was Bound'**

- Section 1: R Side, Touch, Behind, Side, L Cross Shuffle, R Cross Shuffle, Ball, Rock, Recover**
1-2 Step R to R side, touch L toe next to R
3& Step L behind R, small step R to R side
4&5 Cross L over R, small step R to R side, cross L over R
6&7 Cross R over L, small step L to L side, cross R over L
&8-1 Small step L to L side, rock forward R into L diagonal, recover L
- Section 2: R Coaster Step, Ball, Step, L Samba, R Samba**
2&3 Turn 1/8 L stepping back R, step L next to R, step forward R (9 O'clock)
&4 Small step L next to R, step forward R
5&6 Cross L over R, step R to R side, step L in place
7&8 Cross R over L, step L to L side, step R in place (Travel forward slightly with Sambas)
- Section 3: Cross, Unwind ½ R, Behind, Unwind ½ R, L Shuffle Forward, R Shuffle Back**
1-2 Cross L over R, unwind ½ R (weight on L)
3-4 Tuck R behind L, unwind ½ R (weight on R – 9 O'clock)
5&6 Step forward L, step R next to L, step forward L
7&8 Step back R, step L next to R, step back R
- Section 4: Ball, Cross, Unwind ¾ L, Side Rock, Recover, Behind, ¼ R, Step, R Sailor ¼ R**
&1-2 Step L next to R, cross R over L, unwind ¾ L (weight on R – 12 O'clock)
3-4 Rock L to L side, recover R
5&6 Step L behind R, turn ¼ R stepping R, step forward L (3 O'clock)
7&8 Step R behind L, turn ¼ R stepping L to L side, step R to R side (6 O'clock) *Restart
- Section 5: ¼ L Flick, R Shuffle Forward, Step, Pivot ½ R, Touch, L Shuffle Forward, Step, Pivot ¾ L, Touch**
1 Turn ¼ L stepping L as you flick R heel up (3 O'clock)
2&3 Step forward R, step L next to R, step forward R
4&5 Step forward L, pivot ½ R stepping R, touch L next to R (9 O'clock)
6&7 Step forward L, step R next to L, step forward L
8&1 Step forward R, pivot ¾ L stepping L, touch R next to L (12 O'clock)
- Section 6: R Shuffle Forward, Step, Pivot ½ R, Touch, L Extended Step Lock**
2&3 Step forward R, step L next to R, step forward R
4&5 Step forward L, pivot ½ R stepping R, touch L next to R (6 O'clock)
6&7 Step forward L, lock R behind, step forward L
&8 Lock R behind L, step forward L
- Section 7: R Side Shuffle, Hinge ½ L, R Side Shuffle, Hinge ½ L, R Mambo**
1&2 Step R to R side, step L next to R, step R to R side
3 Hinge ½ L stepping L to L side (12 O'clock)
4&5 Step R to R side, step L next to R, step R to R side
6 Hinge ½ L stepping L to L side (6 O'clock)
7&8 Step forward R, step L in place, step R next to L
- Section 8: Ball, Toe Strut, Ball, Cross, Point, L Sailor Step, R Sailor Step, Ball**
&1-2 Small step back L, touch R toe back, drop R heel (weight on R)
&3-4 Small step L next to R, cross R over L, point L toe to L side
5&6 Step L behind R, step R to R side, step L to L side
7&8& Step R behind L, step L to L side, step R to R side, step L next to R

***Restart – During wall 3, dance section 4 then step L next to R and restart the dance. You will be facing 6 O'clock for restart.**

Enjoy!