

Bangaranga

Count: 96

Wall: 1

Level: High Intermediate

Choreographer: Gary O'Reilly (IRE) & Maggie Gallagher (UK) - June 2026

Music: Bangaranga - Dara : (iTunes, Amazon & Spotify)



28 count intro

Dance Sequence:

Wall 1: 96 counts + *32 count tag

Wall 2: 96 counts

Wall 3: 64 counts **Restart

Wall 4: 32 counts + ***4 count tag

Ending: Dance two 'Bangaranga' sections to finish

Section 1: 1/4 LUNGE, HOLD, 1/4, 1/2, 1/4, SWEEP, CROSS, SIDE

- 1 2 ¼ L lunge R to R side (1), HOLD (2) (9:00)
- 3 4 ¼ L step forward on L (3), ½ L step back on R (4) (12:00)
- 5 6 ¼ L step L to L side sweeping R around from back to front (5), continue sweep of R (6) (9:00)
- 7 8 Cross R over L (7), step L to L side (8)

Section 2: BEHIND, SWEEP, BEHIND, 1/4, WALK, HOLD, WALK, WALK

- 1 2 Cross R behind L (1), sweep L around from front to back (2)
- 3 4 Cross L behind R (3), ¼ R step forward on R (4) (12:00)
- 5 6 Walk forward on L (5), HOLD (6)
- 7 8 Walk forward on R (7), walk forward on L (8) (12:00)

Section 3: SIDE, DRAG, BACK, CROSS, 1/4, 1/4/LIFT, WALK, WALK,

- 1 2 Long step R to R side (1), drag L next to R (2)
- 3 4 Step back on L (3), cross R over L (4)
- 5 6 ¼ R stepping back on L as you begin to lift & swing R (5), continue to swing making a futher ¼ R (6) (6:00)
- 7 8 Walk forward on R (7), walk forward on L (8)

Section 4: WALK, HOLD, WALK, HOLD, STEP, PIVOT 1/2, WALK, WALK

- 1 2 Walk forward on R (1), HOLD (2)
- 3 4 Walk forward on L (3), HOLD (4)
- 5 6 Step forward on R (5), pivot ½ L (6)
- 7 8 Walk forward on R (7), walk forward on L (8) (12:00)

Section 5: TOUCH, SWIVEL SWIVEL, TOUCH, HEEL SPLITS, TOUCH, SWIVEL SWIVEL, TOUCH, HEEL SPLITS

- 1 & 2 Touch ball of R forward (1), swivel R heel out to R side (&), swivel R heel back in place (weight ends on R) (2)
- 3 & 4 Touch ball of L forward (3), swivel both heels out (&), swivel both heels in (weight ends on L) (4)
- 5 & 6 Touch ball of R forward (5), swivel R heel out to R side (&), swivel R heel back in place (weight ends on R) (6)
- 7 & 8 Touch ball of L forward (7), swivel both heels out (&), swivel both heels in (weight ends on R) (8)

Section 6: WALK BACK L-R-L, COASTER 1/8 HEEL, HOLD, FLICK, FLICK

- 1 2 3 Walk back L as you fan R toe up & out (1), walk back R as you fan L toe up & out (2), walk back L as you fan R toe up & out (3)
- 4 & 5 Step back on R (4), ⅛ L step L next to R (10:30) (&), dig R heel forward (5) (10:30)

- 6 HOLD (6)
- 7 Raise both arms up in front with palms facing in, holding R slightly higher than the L, roll both wrists inwards towards each other in a circular motion with a flick of both hands (7)
- 8 Repeat: roll both wrists inwards towards each other in a circular motion ending with a flick of both hands (8) (10:30)

Section 7: 1/8 LUNGE, HOLD, 1/4, 1/2, 1/4, SWEEP, CROSS, SIDE

- 1 2 1/8 L lunge R to R side (1), HOLD (2) (9:00)
- 3 4 1/4 L step forward on L (3), 1/2 L step back on R (4) (12:00)
- 5 6 1/4 L step L to L side sweeping R around from back to front (5), continue sweep of R (6) (9:00)
- 7 8 Cross R over L (7), step L to L side (8)

Section 8: BEHIND, SWEEP, BEHIND, 1/4, WALK, HOLD, WALK, WALK

- 1 2 Cross R behind L (1), sweep L around from front to back (2)
- 3 4 Cross L behind R (3), 1/4 R step forward on R (4) (12:00)
- 5 6 Walk forward on L (5), HOLD (6)
- 7 8 Walk forward on R (7), walk forward on L (8) (12:00)

****Restart during Wall 3**

Section 9: WALK, 1/2 TURNING DIAMOND L, WALK, WALK, STEP LOCK STEP

- 1 Walk diagonally forward on R towards 1:30 (1) (1:30)
- 2 & 3 Cross L slightly over R (2), 1/8 L step R to R side (&), 1/8 L step back on L (3) (10:30)
- 4 & 5 Cross R behind L (4), 1/8 L step L to L side (&), 1/8 L step forward on R (5) (7:30)
- 6 7 Walk forward on L (6), walk forward R (7)
- 8 & 1 Step forward on L (8), lock R behind L (&), step forward on L (1)

Section 10: FWD ROCK, BACK LOCK BACK, BACK ROCK, RECOVER, STEP FWD

- 2 3 Rock forward on R (2), recover on L (3)
- 4 & 5 Step back on R (4), lock L over R (&), step back on R (5)
- 6 7 Rock back on L (6), recover on R (7)
- 8 Step forward on L (8) (7:30)

Section 11: WALK, 1/2 TURNING DIAMOND L, WALK, WALK, STEP LOCK STEP

- 1 Walk forward on R towards 7:30 (1) (7:30)
- 2 & 3 Cross L slightly over R (2), 1/8 L step R to R side (&), 1/8 L step back on L (3) (4:30)
- 4 & 5 Cross R behind L (4), 1/8 L step L to L side (&), 1/8 L step forward on R (5) (1:30)
- 6 7 Walk forward on L (6), walk forward R (7)
- 8 & 1 Step forward on L (8), lock R behind L (&), step forward on L (1)

Section 12: FWD ROCK, BACK LOCK BACK, BACK ROCK 1/8, RECOVER, STEP FWD

- 2 3 Rock forward on R (2), recover on L (3)
- 4 & 5 Step back on R (4), lock L over R (&), step back on R (5)
- 6 7 1/8 L rocking back on L (6), recover on R (7)
- 8 Step forward on L (8) (12:00)

***TAG: At the end of Wall 1, add the following 32 count Tag facing (12:00):**

TOUCH, HOLD, 1/4, TOUCH, HOLD & POINT, HOLD, & POINT HOLD

- 1 2 Touch R next to L (1), HOLD (2)
- & 3 4 1/4 R stepping R next to L (&), touch L next to R (3), HOLD (4) (3:00)
- & 5 6 Step L next to R (&), point R to R side (5), HOLD (6)
- & 7 8 Step R next to L (&), point L to L side (7), HOLD (8)

BACK/POP, HOLD, BACK/POP, HOLD, BACK/DRAW, BACK ROCK, RECOVER

- 1 2 Step back on L popping R knee (1), HOLD (2)
- 3 4 Step back on R popping L knee (3), HOLD (4)

5 6 Step long step back on L dragging R (5), continue to drag R to meet L (6)
7 8 Rock back on R (7), recover on L (8)

BUMP FWD, BUMP BACK, BUMP FWD, HITCH L, BUMP FWD, BUMP BACK, BUMP FWD, 1/4 HITCH R

1 2 3 Step forward on R bumping hips forward (open body to slight L diagonal) (1), bump hips back (2), bump hips forward (weight on R) (3)
4 Hitch L knee forward opening body up to R diagonal (4)
5 6 7 Step forward on L bumping hips forward (body open to slight R diagonal) (5), bump hips back (6), bump hips forward (weight on L) (7)
8 ¼ L on ball of L hitching R knee (8) (12:00)

BUMP R-L-R, HOLD, BUMP L-R-L, HOLD

1 2 3 Step R to R side bumping hips to R (1), bump hips to L side (2), bump hips to R side (3)
4 HOLD (4)
5 6 7 Step L to L side bumping hips to L (5), bump hips to R side (6), bump hips to L side (7)
8 HOLD (8)

Then start the dance again facing (12:00)

****RESTART: After dancing 64 counts of Wall 3, restart the dance facing (12:00).**

*****TAG: After 32 counts of Wall 4, add the following 4 count Tag facing (12:00):**

R ROCKING CHAIR

1 2 Rock forward on R (1), recover on L (2)
3 4 Rock back on R (3), recover on L (4)

ENDING: Dance the 'Bangaranga' section (sections 5 & 6) twice to end the dance

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