

Bounce In My Step

COPPERKNOB
BY STEPHEN

Count: 32

Wand: 2

Ebene: Beginner

Choreograf/in: Matt Lewis (UK), Ray Jones (WLS) & Sophie Stevens (UK) - November 2023

Musik: Bounce (7th Heaven Remix) - Samantha Jade



Music available on iTunes, Spotify and Amazon

#32 Count Intro

SEC 1 Step, Together, Bounce knees x2, Step, Together, Bounce knees x2

- 1-2 Step right forward to right diagonal, step left beside right
- 3-4 Bounce both knees, bounce both knees
- 5-6 Step left forward to left diagonal, step right beside left
- 7-8 Bounce both knees, bounce both knees

SEC 2 Back, Touch, ¼ Step, Touch, ½ Volta

- 1-2 Step right back to right diagonal, touch left beside right
- 3-4 Turn ¼ left step left forward, touch right beside left (9:00)
- 5& Turn ⅛ right step right forward, step left beside right (10:30)
- 6& Turn ⅛ right step right forward, step left beside right (12:00)
- 7& Turn ⅛ right step right forward, step left beside right
- 8 Turn ⅛ right step right forward (3:00)

Restart Here on Wall 2, replace 5-8 with ¾ Volta & close left beside right then restart

- 5& Turn ¼ right step right forward, step left beside right (6:00)
- 6& Turn ¼ right step right forward, step left beside right (9:00)
- 7-8 Turn ¼ right step right forward, step left beside right (12:00)

SEC 3 Cross, Hold, Ball Heel, Hold, Volta

- 1-2 Cross left over right, hold
- &3-4 Step right back to right diagonal, touch left heel forward to left diagonal, hold
- &5& Step left beside right, cross right over left, step left beside right
- 6& Cross right over left, step left beside right
- 7&8 Cross right over left, step left beside right, cross right over left

SEC 4 Cross, ¼ Back, Coaster Step, Step, ½ Pivot, Walk, Walk

- 1-2 Cross left over right, turn ¼ left step right back (12:00)
- 3&4 Step left back, step right beside left, step left forward
- 5-6 Step right forward, pivot ½ left transferring weight on to left (6:00)
- 7-8 Step right forward, step left forward

Tag At the end of Wall 4

Side, Hip Roll

- 1-2-3-4 Step right to right roll hips clockwise over 4 counts

Last Update: 30 Nov 2023