

Bounce With Me

拍数: 32 墙数: 2 级数: Beginner
编舞者: Agnethe Hansen (DK) - January 2015
音乐: Bounce With Me - Kreesha Turner



Intro: Start after 16 count on heavy beat

Walk – Walk – Rocking chair – Walk – Walk – Rocking chair

1 – 2 Walk forward on right foot, Walk forward on left foot
3& - 4& Rock forward on right foot and recover on left, Rock back on right foot and recover on left
5 – 6 Walk forward on right foot, Walk forward on left foot
7& - 8& Rock forward on right foot and recover on left, Rock back on right foot and recover on left

Side – Cross – Chasse – Cross Rock – ¼ turn left shuffle

1 – 2 Step right to right side, Cross left over right
3 & 4 Step right foot to right side, Close left foot beside right foot, Step right foot to right side
5 – 6 Cross Rock forward on right foot and recover on left
7 & 8 ¼ turn left stepping left foot forward, close right foot beside and step left foot forward

Charleston steps

1 – 2 Sweep right foot in front and tap right toe forward, Sweep right foot back in place
3 – 4 Sweep left foot back and tap left toe back, Sweep left foot forward in place
5 – 6 Sweep right foot in front and tap right toe forward, Sweep right foot back in place
7 – 8 Sweep left foot back and tap left toe back, Sweep left foot forward in place

Step diagonally forward – Bounce x 2 – ¼ Turn Step left – Bounce x 2

1 – 2 Step slightly diagonally forward on right, step left beside right
3 – 4 Bounce both heels twice (weight on right)
5 – 6 ¼ turn step to left side, step right beside left (6.00)
7 – 8 Bounce both heels twice (weight on left)

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