

Bounce With Me

拍数: 32 墙数: 4 级数: Novice
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音乐: Bounce With Me - Kreesha Turner



#32 count intro

Charleston kick, Coaster step, Heel Grinds L, Heel Grinds R

1,2 Kick RF forward, step RF back
3,4 Touch LF back, step LF forward
5& Cross RF over of LF, step LF to L (&)
6& Cross RF over LF, kick LF to L (&)
7& Cross LF over RF, step RF to R (&)
8& Cross LF over RF, kick RF to R (&)

Jazz Box, step forward R, L, walk forward R, L, R, L

1,2,3,4 Cross RF over LF, step LF back, step RF to R, step LF forward
5,6 Step RF forward, step LF forward
7&8& Walk forward R, L, R, L

R Ball step x4 with ½ turn L, Kick step traveling forward R, L, R, L

Important Note: When doing count 1 to 4 make a ½ turn L (face 06:00).

Option: Clap hands in an up & down motion.

1&2 Step onto ball of RF, step back onto LF, step onto ball of RF
&3& Step back onto LF, step onto ball of RF, step back onto LF
4& Step onto ball of RF, step back onto LF
5&6& Kick RF forward, step onto RF, kick LF forward, step onto LF
7&8& Kick RF forward, step onto RF, kick LF forward, step onto LF

Shuffle back to R diagonal, Shuffle back to L diagonal, Sailor step, Sailor step □ ¼ turn L

1&2 Step RF back to R diagonal, step LF beside RF, step RF back to R diagonal
3&4 Step LF back to L diagonal, step RF beside LF, step LF back to L diagonal
5&6 Step RF behind LF, step LF beside RF, step RF to R
7&8 Step LF behind RF, turn ¼ to L & step RF beside LF, step LF forward

Restart, Enjoy & Have Fun

Last Update - 4th March 2017