

Bounce In My Step

COPPER KNOB
BY STEPHEN

拍数: 32 墙数: 2 级数: Beginner
编舞者: Matt Lewis (UK), Ray Jones (WLS) & Sophie Stevens (UK) - November 2023
音乐: 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, $\frac{1}{4}$ Step, Touch, $\frac{1}{2}$ Volta

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

Restart Here on Wall 2, replace 5-8 with $\frac{3}{4}$ Volta & close left beside right then restart

5& Turn $\frac{1}{4}$ right step right forward, step left beside right (6:00)
6& Turn $\frac{1}{4}$ right step right forward, step left beside right (9:00)
7-8 Turn $\frac{1}{4}$ 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, $\frac{1}{4}$ Back, Coaster Step, Step, $\frac{1}{2}$ Pivot, Walk, Walk

1-2 Cross left over right, turn $\frac{1}{4}$ left step right back (12:00)
3&4 Step left back, step right beside left, step left forward
5-6 Step right forward, pivot $\frac{1}{2}$ 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