

MTS Bouncin Back

COPPER KNOB
BY STEPSHEETS

拍数: 16 墙数: 4 级数: Beginner
编舞者: Michaela Stroudsong (USA) - December 2024
音乐: Bouncin' Back (Bumpin' Me Against the Wall) - Mystikal



I believe soul dances are usually learned by watching people dance it and memorizing the steps and how they fit the music, and making strong muscle memories. This dance, fortunately, also lends itself to being counted and written into a step sheet for other learning preferences. Because the music and lyrics are so important, lyrics are shown below, matched with the corresponding steps. The counts are based on the rhythm of the music.

The dance starts when the rapping starts.

PART 1: 16 COUNTS

STEP BOUNCES AT 12:00

1 2 3 4 Step forward on right bouncing to the beat
5 6 7 8 Step forward on left bouncing to the beat

KICKS, POINTS, SAILOR STEPS QTR TURN LEFT END 9:00

9&10& Kick right foot forward right, return, kick left foot forward left, return
11&12& Kick right foot out to right, return, kick left to left, return
13&14 Right sailor step (right, left, right)
15&16 Left sailor step (left, right, left) making quarter turn to left

REPEAT STEPS 1-16 ABOVE STARTING AT 9 ENDING AT 6
REPEAT STEPS 1-16 ABOVE STARTING AT 6 ENDING AT 3
REPEAT STEPS 1-16 ABOVE STARTING AT 3 ENDING AT 12

Submitted by: Bonnie Berns - Email: yaelchina@yahoo.com