

Bouncin' Back

拍数: 32 墙数: 4 级数:
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音乐: Bouncin' Back - Janie Fricke



JUMP BACK, CLAP, JUMP BACK, CLAP, HIP BUMPS

&1-2 Jump back right, left, clap
&3-4 Jump back right, left, clap
5&6 Bump hips right, left, right
7&8 Bump hips left, right, left

TOE SWEEP, KICK, BALL, CHANGE, SHUFFLE FORWARD

1-2 Slide right foot forward and start sweep right foot in circle to the right as start ½ turn on left foot
3-4 Continue sweep right foot in circle to the right as finish ½ turn on left foot ending with right foot (weight on right foot) next to left foot and clap
5&6 Left kick, ball, change
7&8 Left shuffle forward

¼ PIVOT, DOUBLE VINE WITH ¼ TURN, KICKS

1-2 Step right foot forward, pivot ¼ turn left
3-4 Cross step right foot behind left foot, step left foot to left
5-6 Cross step right foot over left foot, step left foot to left as turn ¼ turn left
7-8 Kick right foot forward 2 times

SHUFFLE, STOMP, KICK, STOMP, KICK, TURNING SHUFFLE

1&2 Right shuffle forward
3-4 Stomp left foot forward, kick right foot forward as clap
5-6 Stomp right foot forward, kick left foot forward as clap
7&8 Left shuffle in place turning ¼ turn left

REPEAT
