

Bouncin' Off The Ceiling

COPPER KNOB
BY STEPSHEETS

拍数: 32 墙数: 4 级数: Improver
编舞者: Barry Amato (USA)
音乐: Bouncin' Off The Ceiling (Upside Down) - A*Teens



WALK, WALK, STEP PIVOT, TURNING SHUFFLE, ROCK STEP

1-4 Walk right-left, step forward right foot, pivot ½ turn left
5-8 Shuffle with a ½ turn left stepping right-left-right, rock back on left, recover on right foot in place

WALK, WALK, STEP PIVOT, TURNING SHUFFLE, ROCK STEP

1-4 Walk left-right, step forward left foot, pivot ½ turn right
5-8 Shuffle with a ½ turn right stepping left-right-left, rock back on right, recover on left foot in place

WALK, WALK, STEP TOGETHER, HEEL SWIVELS

1-2-3&4 Walk forward right-left, step together with the right foot next to left, on the balls of both feet, twist heels right then back to center, original position
5-6-7&8 Walk forward left-right, step together with the left foot next right, on the balls of both feet, twist heels left then back to center, original position

STEP, PIVOT ¼ TURN, HITCH, TOUCH BACK, STEP, PIVOT ½ TURN, HITCH, TOUCH BACK

1-4 Step forward on the right foot, pivot a ¼ turn to the left with left taking weight, hitch the right foot to the left knee, touch the right toe straight back
5-8 Step forward on the right foot, pivot a ½ turn to the left with left taking weight, hitch the right foot to the left knee, touch the right toe straight back

REPEAT

RESTART

Restart after count 16 on walls 4, 8, and 10

TAG

Add after wall 9

ROCK FORWARD, RECOVER, ROCK BACK, RECOVER

1-4 Rock forward on the right foot, Recover on left foot in place, Rock back on the right foot, Recover on the left foot in place

Start again
