

Bounce Bounce Bounce Bounce

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Mikael Mölsä (FIN)
音乐: Bounce - Bro'sis



Intro: 32 counts, 0:20, on lyrics "All ladies in the house..."

Touch, touch, full turn right, kick-ball-touch X 2

1&2& Touch right toe to side, step right together, touch left toe left, step left together
3-4 Turn 1/4 to right stepping right foot forward, bring left next to right while turning 3/4 to right
(that totals a full turn)
5&6 Kick right forward, step right next to left, touch left to side
7&8 Kick left forward, step left next to right, touch right to side

Option: you can replace the full turn (counts 3-4) with just a slide to the right(3) and stepping left next to right(4).

1/2 Turning flick, right knee twist, moonwalks

1&2 Touch right toe forward, turn 1/2 to left and flick right back, step right toe forward
3&4 Twist right knee out-in-out (while doing this press your body forward) (weight now on right
foot)
5 Reaching back with left toe, pull step back to weight left
6 Reaching back with right toe, pull step back to weight right
7 Reaching back with left toe, pull step back to weight left
8 Touch right toe next to left

Option: Moonwalks can be replaced with either smashed potatoes back or just normal steps back.

Rock step, side, rock step, side, step, turn, body roll / snake roll

1&2 Rock right across left, recover weight on left, step right to side
3&4 Rock left across right, recover weight on right, step left to side
5-6 Step right forward, turn 3/4 to left bringing right foot next to left
7-8 Do either a snake roll to left or a body roll on counts 7-8 (weight ends up on left)

Option: Body roll / snake roll can be replaced by two hip bumps to left (weight ends up on left)

Forward travelling heel jacks, syncopated full unwind

1&2& Step right across left, step left back, touch right heel diagonal, step weight on right (pump
your chest on count 2)
3&4& Step left across right, step right back, touch left heel diagonal, step weight on left (pump your
chest on count 4)
5 Step right across left
6-7-8 Unwind a full turn on counts 6-7-8

Note: On the heels jacks (counts 1-4&) you're suppose to travel forward a little

Styling: Pausing between steps 6-7-8, (so that you can see the counts?), makes them look so much better.
Give it a try !