

Body Bounce

拍数: 64 墙数: 2 级数: Intermediate / Advanced
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音乐: BodyBounce (feat. Akon) - Kardinal Offishall : (Clean Version)



32 count intro

Out Out, Knee Rolls, Ball Step Side, Kick Ball Step, 3/4 Chase Turn

- &1 Step back and out with right, step back and out with left
- 2-3 Roll right knee out, roll left knee out (ending weight on left)
- &4 Step right next to left, step left to left side
- 5&6 Kick right forward, step right together, step left forward
- 7&8 Step right forward, 1/2 turn left stepping forward on left (6:00), 1/4 turn left stepping right to right side (3:00)

1/8 Sailor Touch, Large Step Forward, Touch, Out Out, 1/8 Cross, Full Triple Turn

- 1&2 Cross left behind right, step right to right side, touch left next to right (angling 1/8 left to 1:30)
- 3-4 Large step forward on left, touch right next to left
- &5-6 Step out with right, step out with left, cross right over left (straightening 1/8 to 12:00)
- 7&8 1/4 turn left stepping forward left, 1/2 turn left stepping back on right, 1/4 turn left bringing left together with right (12:00)

Out Out, Shoulder Shrug, Heel Bounces With Lean, Push, Large Step, Step Together, Cross Shuffle

- &1 Step out with right, step out with left
- 2 Spread arms out to each side and with palms down shrug shoulders downward (as if pushing something down)
- 3&4&5 Bounce left heel five times leaning further to left each time with right heel raised (on 5, pop right knee in)
- 6-7 Push off right foot taking large step to right with right foot (dragging left heel), step left next to right
- 8&1 Cross right over left, step left to left side, cross right over left (still at >12:00 but angling to 10:30)

1/4 Rock, Recover, 1/4 Turn, 1/4 Turn, Sailor Step, 1/4 Sailor Touch

- 2& 1/4 turn left while rocki ng forward with left, recover weight to right (9:00)
- 3-4 1/4 left stepping left to left side (6:00), 1/4 left stepping right to right side (3:00)
- 5&6 Cross left behind right, step right to right side, step left to left side
- 7&8 Cross right behind left, step left to left side, touch right next to left making 1/4 turn to left (12:00)

Walk, Walk, Anchor Step, 1/2 Turn, 1/4 Turn, Behind & Cross

- 1-2 Step forward on right, step forward on left
- 3&4 Step right behind left, step left in place, step right in place
- 5-6 1/2 turn left stepping forward on left (6:00), 1/4 turn left stepping right to right side (3:00)
- 7&8 Step left behind right, step right to right side, cross left over right

Step Cross, Step Cross, Hold, Out Out, Hip Bounces

- 1-2 Step right to right side, step left across right
- 3-4 Step right to right side, step left across right
- 5 Hold
- &6 Step back and out with right, step back and out with left
- 7&8 Bounce hips three times in clockwise di rection (right side, back, left side) with weight ending on left foot (3:00)

Cross, Step Forward, Rock Recover Cross, ½ Turn, ½ Turn, ½ Turn, ½ Turn

- 1-2 Cross right over left, step forward on left making ¼ turn (12:00)
- 3&4 Rock right to right side, recover on left, cross right over left (still at 12:00 but angling to 10:30)
- 5-6 ½ turn left stepping forward on left (6:00), ½ turn left stepping back on right (12:00)
- 7-8 ½ turn left stepping forward on left (6:00), ½ turn left stepping back on right finishing with feet together (12:00)

Side Rock Recover, Side Rock Recover, Kick Ball Cross, ½ Turn Heel Bounces

- 1-2 Rock left to left side, recover weight to right
- &3-4 Step left next to right, rock right to right side, recover weight to left
- &5 Step right next to left, kick left forward
- &6 Step left next to right, cross right over left (weight distributed evenly)
- 7&8 Unwind ½ turn left bouncing heels three times (12:00)

Styling: Shrug shoulders down in time with heel bounces

Start Again. Have Fun!

RESTART: On wall 2 (6:00), dance the first 32 counts and then start over (you'll also be facing 6:00 when the restart actually occurs).
