

Body Bounce

拍數: 32 牆數: 4 級數: Beginner
編舞者: Karine Moya (FR) - July 2016
音樂: Body Bounce (feat. Rocky Rock) - Obek & S.v.S



Intro : 32 Counts

Section 1 : WALK FORWARD R L R, ¼ TURN LEFT HITCH, WALK BACK L R L , TOUCH

1 2 3 Walk Forward R L R
4 ¼ Turn to the Left , Hitch L
5 6 7 Walk Back L R L
8 Touch R beside L

Section 2 : RIGHT DIAGONALLY STEP FORWARD, TOUCH & CLAP, BACK STEP, TOUCH & CLAP, VINE TO THE RIGHT, TOUCH & CLAP

1 2 Step diagonally R (1), Touch and clap (2),
3 4 Step L back diagonally (3), Touch and clap (4),
5 6 7 Step right to the right side, Step left behind right , Step right to the right side,
8 Touch L beside R and Clap

Option : ROLLING VINE TO THE RIGHT

Section 3 : LEFT DIAGONALLY STEP FORWARD, TOUCH & CLAP, BACK STEP, TOUCH & CLAP, VINE TO THE LEFT, TOUCH & CLAP

1 2 Step diagonally L (1), Touch and clap (2),
3 4 Step R back diagonally (3), Touch and clap (4),
5 6 7 Step left to the left side, Step right behind left , Step left to the left side,
8 Touch R beside L and Clap

Option : ROLLING VINE TO THE LEFT

Section 4 : ,OUT OUT, CLAP, IN IN, CLAP, STEP RIGHT FORWARD, PIVOT ½ TURN LEFT, STEP RIGHT FORWARD, PIVOT ½ TURN LEFT

&1 2 Jump out forward right, Jump out forward left, Clap (2)
&3 4 Jump back right, jump back left, Clap (4)
5 6 Step R forward ½ turn Left (Weight on Left)
7 8 Step R forward ½ turn Left (Weight on Left)

ENDING : Make 7 counts and At 8 Take a break

Contact : karimo66@orange.fr