

The Bounce

拍數: 32 牆數: 4 級數: Intermediate
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音樂: The Bounce - Outasight : (Single)



#16 count intro to start with lyrics

Sequence: 16 intro, 32, 16, Tag (facing original 6 o'clock wall when tag is completed), 32, 32, 16, Tag (facing the original 3 o'clock wall when tag is completed), 32, 32, 32, Tag (facing the original 3 o'clock wall when Tag is completed), 32 with ending.

[1-8] KNEE, BACK, COASTER CROSS, SIDE ROCK, RCVR, CROSS, SIDE, TOGETHER, KNEE, KNEE

1-2 1) Lift R knee; 2) Big step R back dragging L heel
3&4 3) Step ball of L back; &) Step ball of R beside L; 4) Step L across R
5&6 5) Rock R to right; &) Recover to L; 6) Step R across L
&7&8 (&) Step L to left angling to face 1:00; 7) Step ball of R beside L with R knee popped; &) Pop L knee; 8) Pop R knee

[9-16] FWD, SPIRAL, SIDE ROCK, RCVR, BEHIND, SIDE ROCK, RCVR, BEHIND, 1/4 RIGHT, SIDE ROCK, RCVR, CROSS

1a2 1) Step R forward toward 1:00; a) Small step L forward toward 1:00; 2) Spiral 5/8 right on ball of L [9:00]
3&4 3) Rock R to right; &) Recover to L; 4) Step R behind L
5&6& 5) Rock L to left; &) Recover to R; 6) Step L behind R; &) Turn 1/4 right stepping R forward [12:00]
7&8 7) Rock L to left; &) Recover to R; 8) Step L across R

[17-24] RIGHT ROCK, 1/4 LEFT RCVR, 1/2 LEFT, 3/8 LEFT, ANGLED MAMBO, BUMP AND BUMP

1-2 1) Rock R to right torquing upper body right; 2) Turn 1/4 left recovering to L [9:00]
3-4 3) Turn 1/2 left stepping R back; 4) Turn 3/8 left stepping L to left [11:00]
5&6 5) Rock R forward toward 11:00; &) Recover to L; 6) Step R back bending knees slightly [11:00]
a7&8 (a) Lift L hip; 7) Bump hips down to right; &) Lift L hip; 8) Bump hips down to the right

[25-32] 3/8 ARCING RUN, CROSS, 1/4 RIGHT, BACK, TOGETHER, BACK, TOGETHER, BACK, 1/2 RIGHT

1&2 1& 2) Take 3 small steps forward L-R-L arcing 3/8 left to face 6:00
3-4 3) Step R across L; 4) Turn 1/4 right stepping L back [9:00]
5& 5) Step R back with right hip and toe turned out to right but still facing 9:00; &) Step L to R instep
6&7,8 (6&) Repeat counts 5&; 7) Repeat count 5; 8) Turn 1/2 right stepping L forward [3:00]

Fun variation for counts 29-32 on rotations 3-6-8-9: 5) Step R back; 6) Small step L back a shoulder width apart from R; 7) Small step R back a shoulder width apart from L at the same time shake hips fast side to side 5e&a6e&a7, kind of like a hip shimmy; 8) Turn 1/2 right stepping L forward.

Tag: Occurring after count 16 on rotations 2 and 5 and at the end of rotation 8:

[1-8] 3/8 LEFT WITH HIP CIRCLES, 1/8 LEFT PREP, 1/2 RIGHT, 1/2 RIGHT, 1/4 RIGHT, STOP SIGN, HOLD

1&2&3& 1) Step R to right; &) Pivot 1/8 left while circling hips anti clockwise; 2) Small step R forward; &) Pivot 1/8 left while circling hips anti clockwise; 3) Small step R forward; &) Pivot 1/8 left while circling hips anti clockwise
4-5-6 4) Turn 1/8 left stepping R forward; 5) Turn 1/2 right stepping L back; 6) Turn 1/2 right stepping R forward
&7-8 (&) Turn 1/4 right stepping L to left; 7) Step R to right pushing R palm to right and look right; 8) Hold (shifting weight to L)

[9-16] JAZZ BOX, FORWARD, 1/2 LEFT, DROP DOWN, POP UP

- 1-4 1) Step R across L; 2) Step L back; 3) Step R to right; 4) Step L forward
5-8 5) Step R forward; 6) Turn 1/2 left taking weight on L; 7) Step R to right dropping into a squat;
 8) Pop up weight on L

Ending: Your final rotation will start facing the original 3 o'clock wall. You will dance through count 31 using the variation as written above and will be facing the original 12 o'clock wall. Replace count 32 with - Step L out to left hitting a pose

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