

Bounce

COPPER KNOB
BY STEPHEN HETS

拍數: 64 牆數: 4 級數: Phrased Intermediate
編舞者: Tim Gauci (AUS) - November 2019
音樂: Bounce - Samantha Jade : (Album: iTunes single - 2:44)



Sequence – A, A, B, C, A, B, C, A **A-with change, C to finish

Begin dance 16 beats in, lyrics – I couldn't touch the "Sky", begin on Sky

Part A: Verse (16& beats)

[1-8] STEP/DRAG, BACK, ROCK, STEP, TOUCH, STEP, TOUCH, STEP/DRAG, BACK, ROCK, STEP, TOUCH, STEP, TOUCH

12&3&4& Step R to R dragging L towards R, step L back/behind R, rock weight fwd on R (&), step L to L, touch R tog (&), step R to R, touch L tog (&)

5&6&7&8& Step L to L dragging R towards L, step R back/behind L, rock weight fwd on L (&), step R to R, touch L tog (&), step L to L, touch R tog (&)

[9-16] SIDE, TOG, FWD, FWD, ROCK, ½, STEP, LOCK, STEP, STEP, LOCK, STEP, ¾ PIVOT

1&23&4 Step R to R, step L tog (&), step R fwd, step L fwd, rock weight back on to R (&), making ½ turn L step L fwd

5&6&7&8& Step R fwd at R45, lock L behind R (&), step R at R45, step L fwd at L45 (&), lock R behind L, step L fwd at L45 (&), step R fwd, pivot turn ¾ to L weight on L (&)

Part B: Rollercoaster (16& beats)

[1-8] SIDE, BEHIND, ¼, STEP, PIVOT ½, ¼ STEP, BEHIND, ¼, FWD, ROCK, BACK/DRAG, BACK, ROCK

12&3&4 Step R to R, step L behind R, making ¼ turn R step R fwd (&), step L fwd, pivot ½ turn R (&), making ¼ turn R step L to L

5&6&7&8& Step R behind L, making ¼ turn L step L fwd (&), step R fwd, rock weight back onto L (&), step R back (big step) dragging L towards R, step L back, rock weight fwd onto R (&)

[9-16] STEP, LOCK, STEP, FWD, ¼ PADDLE, CROSS, ¼, ½, STEP, ROCKING CHAIR

1&23&4 Step L fwd, lock R behind L (&), step L fwd, step R fwd, paddle ¼ L (&), cross R over L

5&67&8& Making ¼ turn R step L back, making ½ turn R step R fwd (&), step L fwd, step R fwd, rock weight back onto L (&), step R back, rock weight fwd onto L (&)

Part C: Bounce! (32& beats)

[1-8] TOE, HEEL, HEEL, HEEL, TOE, HEEL, HEEL, HEEL, STEP, STEP, ½ PIVOT, STEP, ½, ½

1&2&3&4& Touch R toe fwd, step R heel to floor while raising L heel (&), step L heel to floor while raising R heel, step R heel to floor while raising L heel (&), touch L toe fwd, step L heel to floor while raising R heel (&), step R heel to floor while raising L heel, step L heel to floor while raising R heel (&)

5&67&8& Step R fwd, step L fwd, pivot ½ turn R (&), step L fwd, making ½ turn L step R back, making ½ turn L step L fwd

[9-16] TOE, HEEL, HEEL, HEEL, TOE, HEEL, HEEL, HEEL, STEP, STEP, ½ PIVOT, STEP, ½, ½

1&2&3&4& Touch R toe fwd, step R heel to floor while raising L heel (&), step L heel to floor while raising R heel, step R heel to floor while raising L heel (&), touch L toe fwd, step L heel to floor while raising R heel (&), step R heel to floor while raising L heel, step L heel to floor while raising R heel (&)

5&67&8& Step R fwd, step L fwd, pivot ½ turn R (&), step L fwd, making ½ turn L step R back, making ½ turn L step L fwd

[17-24] STEP, FWD, ¼ PADDLE, CROSS, ¼, ¼, FWD, TOUCH, BACK, TOUCH, BACK, TOUCH, BACK, TOUCH – SEE STYLING NOTE

1&2&3&4& Step R fwd, step L fwd, paddle turn ¼ R (&), cross L over R, making ¼ turn L step R back, making ¼ turn L step L to L

5&6&7&8& Step R fwd on R45, touch L tog (&), step L back on L45, touch R tog (&), step R back on R45, touch L tog (&), step L back on L45, touch R tog (&)

Styling note: Funky knees – on the back touches when stepping back push knees out and bring back together when touching together – see YouTube video for visual.

[25-32] SIDE STRUT, BACK, ROCK, SIDE, BEHIND, SIDE, CROSS, SIDE STRUT, BACK, ROCK, SIDE, BEHIND, SIDE, CROSS

1&2&3&4& Touch R toe to R, step R heel to floor (&), step L back/behind R, rock weight fwd on R (&), step L to L, step R behind L (&), step L to L, cross R over L (&)

5&6&7&8& Touch L toe to L, step L heel to floor (&), step R back/behind L, rock weight fwd on L (&), step R to R, step L behind R (&), step R to R, cross L over R (&)

[64] Beats Dance as per sequence

****A: with change – dance up to beat 16, and pivot ½ L to face 12.00 wall on the (&) rather than the ¾ turn.**

Finish – dance to face 12.00, dance up to 31&, make a ¼ turn R stomp the R fwd!

Sequence with wall directions;

Part Start - End

A 12.00 - 9.00

A 9.00 - 6.00

B 6.00 - 9.00

C 9.00 - 6.00

A 6.00 - 3.00

B 3.00 - 6.00

C 6.00 - 3.00

A 3.00 12.00

****A 12.00 - 12.00**

C 12.00 - 12.00

Enjoy
