

Bouncin' Back

COPPER KNOB
BY SHEETS

拍數: 32 牆數: 4 級數: Beginner
編舞者: Kathy Riley (USA) - June 2022
音樂: Bouncin' Back (Bumpin' Me Against the Wall) - Mystikal : (Bumpin' Me Against the Wall)



Charleston Kick X 2

1, 2 Swing Right Foot Forward to touch, Swing Right Foot Back to touch
3&4 Swing Left Foot Back to touch, Rock on Right Foot, Swing Left Foot Forward to touch
5, 6 Swing Right Foot Forward to touch, Swing Right Foot Back to touch
7&8 Swing Left Foot Back to touch, Rock on Right Foot, Step Left Foot Forward

Right Scissors, Left Scissors

1-3 Step Right Foot to the Right Side, Step Together with Left, Step R Foot Across front of L
4 Hold
5-7 Step L Foot to the L Side, Step Together with R, Step L Foot Across Front of R
8 Hold

Right Side Together, Hip Circle, Jazz Box 1/4 Turn Right With Hip Hip Hip

1-2 Step R foot to the side, bring L foot to R foot
3&4 Transfer weight from R foot to L foot to R foot while circling hips
5,6 Cross R foot over L foot, step left foot behind R, ¼ turn R leading with R shoulder and Right foot, follow shifting weight pushing hips R-L-R
7,8 Tap left foot to the left side together, tap right foot to the right side together (3:00)

3 Right Foot 1/4 Point Turns to the Left, Step Together, Step Forward L, 1/4 , 1/4, L Shuffle

1 & 2 & R toe touch forward, and 1/4 turn L, R toe touch forward, and 1/4 turn L
3 & 4 R toe touch forward, and 1/4 turn L , and step R foot forward (9:00)
5 & 6 & L toe touch forward, and 1/4 turn R, L toe touch forward and 1/4 turn L
7 & 8 Step forward on L, R beside L, forward on L. (3:00)

REPEAT