

Bounce

拍數: 32 牆數: 2 級數: Intermediate
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音樂: Bounce - Blue : (CD: All Rise)



R ROCK-RECOVER-ROCK-RECOVER-ROCK. TOUCH. ¼ L TWIST. ½ R TWIST. R COASTER

1& R rock across L, recover
2&3 R rock back, recover, R step across L
&4 Touch L toe side left, twist ¼ L [9 o'clock]
5&6 Making ½ turn R keep toes in place as you twist heels to L, R, L [3 o'clock]
7&8 R coaster step

L ROCK-RECOVER. BEHIND. ¼ R SINGLE HEEL-BOUNCE/LEAN. R SHOULDER ROLL. R COASTER

1&2 Rock L side L, recover, step L behind R
3&4 Turn ¼ R touching R toe fwd [6 o'clock], bounce R heel (leaning fwd) * 2
5&6 Bounce R heel 3 times (roll R shoulder from front to back over 2 counts whilst straightening and leaning R shoulder back)
7&8 R coaster step

¼L HEEL-BOUNCE. L ROCK-RECOVER. TOUCH BEHIND. FULL TRIPLE L. R ROCK-RECOVER

1&2 Making ¼ turn L keep toes in place as you bounce heels 3 times [3 o'clock]
3&4 Rock L side L, recover, touch L toe behind R (twist at waist slightly swing both arms side R)
5&6 [start facing 3 o'clock] Turn ¼ L [12 o'clock] step on L, turn ½ L [6 o'clock] step back on R, turn ¼ L [3 o'clock] step L side L
7& R rock across L, recover
8& R rock back, recover

R ROCK-RECOVER-SIDE. STEP. SIDE-CROSS-POINT. R KNEE POP. STEP. L KICK. ¼ L. R SCUFF.R HITCH-TURN. TOUCH

1& R rock across L, recover
2& Step R side R, step L back and behind R
3&4 Step R side R, step L across R, point R toe side R
5& Pop R knee across L, step R beside L
6& Kick L across R, turn ¼ L [12 o'clock] step on L
7&8 Scuff R heel, hitch R knee turning ½ L [6 o'clock], touch R beside L
