California Bounce

拍數: 32

級數: Improver

編舞者: Mark Cosenza (USA) & Yvonne Anderson (SCO)

音樂: More Bounce (In California) - Soul Kid #1

Shifting weight onto balls of both feet, raise heels up and down twice (still facing diagonal right) Walk forward right, touch left next to right (face forward) Paddle ¹/₂ to the right with hip bumps weight remains on right throughout (6:00) Step left diagonal forward in front of right, step right next to left left Walk forward right, touch left (shoulder width apart) shoulder at 6:00) ? weight shifts to left (3:00) Cross right in front of left (bend knees slightly), point left side left (straighten up) Cross left in front of right (bend knees slightly, point right side right (straighten up) Squat down (keep it small), kick out with right as you come up $\frac{1}{2}$ sailor pivot to right stepping right, left, right (9:00) Cross point left in front of right, point left side left Weave: cross left behind right, step right down, cross left in front of right Side press right on ball of foot (raise right shoulder up slightly for style), recover to left & touch right next to left Shoulder shrugs right up, left up, right up

This occurs on wall 9, after 2 full walls of the instrumental portion of the song - you will be facing the front wall. Do the first 4 ½ counts and the last 4 counts of the dance and begin again. To break down further:

- 1-2 Walk right (face diagonal right), take a large step left
- 3&4& Shifting weight onto balls of both feet, raise heels up and down twice (still facing diagonal right)

Optional styling: for added fun, spread out hands to side in "surfer mode" as if balancing on a surf board 5-6 Side rock right, recover to left (face forward)

7&8 Shoulder shrugs right up, left up, right up (12:00)



1-2 Walk right (face diagonal right), take a large step left (12:00) 3&4&

Optional styling: for added fun, spread out hands to side in "surfer mode" as if balancing on a surf board 5-6

&7&8

WALK FORWARD, STEP TOGETHER, KNEE POPS, WALK FORWARD, TOUCH, PIVOT WITH A SHOULDER ROLL

- 1-2
- 3&4& Step on balls of both feet, bounce down with pop knees out first to the right and then to the
- 5-6
- Pivot ¼ left by rotating shoulders to the right as you turn (left shoulder starts at 12:00 right 7-8

CROSS & POINT, CROSS & POINT, SQUAT & KICK, SAILOR PIVOT

1-2

For added style, angle your body to the left as you cross

3-4

For added style, angle your body to the right as you cross

- 5-6
- 7&8

CROSS POINT, SIDE POINT, WEAVE & SHRUGS

- 1-2
- 3&4
- 5-6
- 7&8

REPEAT

TAG



