

California Bounce

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Improver
編舞者: Mark Cosenza (USA) & Yvonne Anderson (SCO)
音樂: More Bounce (In California) - Soul Kid #1



WALK FORWARD,, STEP APART, HEEL RAISES (WIDE), WALK FORWARD AND PADDLE

1-2 Walk right (face diagonal right), take a large step left (12:00)
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 Walk forward right, touch left next to right (face forward)
&7&8 Paddle ½ to the right with hip bumps weight remains on right throughout (6:00)

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

1-2 Step left diagonal forward in front of right, step right next to left
3&4& Step on balls of both feet, bounce down with pop knees out first to the right and then to the left
5-6 Walk forward right, touch left (shoulder width apart)
7-8 Pivot ¼ left by rotating shoulders to the right as you turn (left shoulder starts at 12:00 right shoulder at 6:00) ? weight shifts to left (3:00)

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

1-2 Cross right in front of left (bend knees slightly), point left side left (straighten up)
For added style, angle your body to the left as you cross
3-4 Cross left in front of right (bend knees slightly, point right side right (straighten up)
For added style, angle your body to the right as you cross
5-6 Squat down (keep it small), kick out with right as you come up
7&8 ½ sailor pivot to right stepping right, left, right (9:00)

CROSS POINT, SIDE POINT, WEAWE & SHRUGS

1-2 Cross point left in front of right, point left side left
3&4 Weave: cross left behind right, step right down, cross left in front of right
5-6 Side press right on ball of foot (raise right shoulder up slightly for style), recover to left & touch right next to left
7&8 Shoulder shrugs right up, left up, right up

REPEAT

TAG

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)