

Bounce, Bounce, Bounce

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Mikael Mölsä (FIN)
音樂: Bounce - Bro'sis



TOUCH, TOUCH, FULL TURN RIGHT, KICK-BALL-TOUCH TWICE

- 1&2& Touch right toe to side, step right together, touch left toe left, step left together
3-4 Turn $\frac{1}{4}$ to right stepping right foot forward, bring left next to right while turning $\frac{3}{4}$ to right (that totals a full turn)
5&6 Kick right forward, step right next to left, touch left to side
7&8 Kick left forward, step left next to right, touch right to side

Option: you can replace the full turn (counts 3-4) with just a slide to the right(3) and stepping left next to right(4)

$\frac{1}{2}$ TURNING FLICK, RIGHT KNEE TWIST, MOONWALKS

- 1&2 Touch right toe forward, turn $\frac{1}{2}$ to left and flick right back, step right toe forward
3&4 Twist right knee out-in-out (while doing this press your body forward) (weight is now on right foot)
5 Reaching back with left toe, pull step back to weight left
6 Reaching back with right toe, pull step back to weight right
7 Reaching back with left toe, pull step back to weight left
8 Touch right toe next to left

Option: Moonwalks can be replaced with either Mashed Potatoes back or just normal steps back

ROCK STEP, SIDE, ROCK STEP, SIDE, STEP, TURN, BODY ROLL / SNAKE ROLL

- 1&2 Rock right across left, recover weight on left, step right to side
3&4 Rock left across right, recover weight on right, step left to side
5-6 Step right forward, turn $\frac{3}{4}$ to left bringing right foot next to left
7-8 Do either a snake roll to left or a body roll on counts 7-8 (weight ends up on left)

Option: body roll / snake roll can be replaced by two hip bumps to left (weight ends up on left)

FORWARD TRAVELING HEEL JACKS, SYNCOPATED FULL UNWIND

- 1&2& Step right across left, step left back, touch right heel diagonal, step weight on right (pump your chest on count 2)
3&4& Step left across right, step right back, touch left heel diagonal, step weight on left (pump your chest on count 4)
5 Step right across left
6-7-8 Unwind a full turn on counts 6-7-8

On the heels jacks (counts 1-4&) you should travel forward a little

Styling: pausing between steps 6-7-8 makes them look better

REPEAT