

Bouncin' Back

拍數: 32 牆數: 4 級數:
編舞者: Ronni Booth (USA)
音樂: Bouncin' Back - Janie Fricke



STEP, STEP, SAILOR SHUFFLE, CROSS, TOUCH, CROSS, HOP, HOP

- 1 Step left foot next to right foot
- 2 Step right foot next to left foot
- 3 Cross left foot behind right foot
- & Step slightly to right with right foot
- 4 Step slightly to left with left foot
- 5 Cross right foot in front of left foot
- 6 Touch left toe to left side
- 7 Cross left foot in front of right foot
- & Hop back on right foot
- 8 Step left foot next to right foot
- & Hop back on right foot
- 9 Step left foot next to right foot

TOUCH, CROSS, TOUCH, CROSS, TURN, TOGETHER, KICK-BALL-CHANGE

- 10 Touch right toe to right side
- 11 Cross right foot in front of left foot
- 12 Touch left toe to left side
- 13 Cross left foot in front of right foot
- 14 Step back on right foot, making $\frac{1}{4}$ turn right
- 15 Step left foot next to right foot
- 16 Kick right foot forward
- & Step down on ball of right foot next to left foot
- 17 Change weight to left foot

STEP, CHASSE FORWARD, ROCK, RECOVER, TURNING TRIPLE STEP

- 18 Step forward on right foot
- 19 Step forward on left foot
- & Slide right foot next to left foot
- 20 Step forward on left foot
- & Slide right foot next to left foot
- 21 Step forward on left foot
- 22 Rock forward onto right foot
- 23 Step back onto left foot
- 24 Step back on right foot, beginning $\frac{1}{2}$ turn right
- & Slide left foot next to right foot
- 25 Step forward on right foot, completing $\frac{1}{2}$ turn

STEP, PIVOT $\frac{1}{2}$, SHUFFLE FORWARD, ROCK, RECOVER, HOP, HOP

- 26 Step forward on left foot
- 27 Pivot $\frac{1}{2}$ turn right
- 28 Step forward on left foot
- & Slide right foot next to left foot
- 29 Step forward on left foot
- 30 Rock forward onto right foot
- 31 Step back onto left foot

& Hop back on right foot
32 Step left foot next to right foot
& Hop back on right foot

REPEAT

When dancing to "Bouncin' Back", after the 3rd repetition of dance (during instrumental), do only the first 16 counts (you should end up facing original starting wall), then do entire dance for remainder of song.
