

Bouncing Off The Walls

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Improver
編舞者: John Robinson (USA)
音樂: I Got a Girl - Lou Bega



RIGHT HIP BUMPS, LEFT SIDE SHUFFLE, LEFT HIP BUMPS, RIGHT SIDE SHUFFLE

1-2 Right hip bump right twice
3&4 Left step side left, right step next to left, left step side left
5-6 Left hip bump left twice
7&8 Right step side right, left step next to right, right step side right

HIP BUMP FORWARD, BACK, RIGHT SHUFFLE FORWARD, HIP BUMP BACK, FORWARD, LEFT SHUFFLE BACK

1-2 Bump hips/pelvis forward, bump hips/pelvis back shifting weight to left
3&4 Right step forward, left step next to right, right step forward
5-6 Bump hips/pelvis back, bump hips/pelvis forward
7&8 Left step back, right step next to left, left step back

Arm styling options: Hold arms out in front of you, elbows bent, palms facing away from body, and move arms with hips. When bumping back, arms pull back. When bumping forward, arms push forward

WALK RIGHT, LEFT, RIGHT CROSS BEHIND, UNWIND ½ TURN RIGHT, RIGHT SIDE STEP, LEFT CROSS, SIDE-BEHIND-POINT

1-2 Right step forward, left step forward
3-4 Right cross behind left, bending knees to "sink" down a bit, pivot ½ right in place straightening up, ending with weight on left
5-6 Right step side right, left step across right
7&8 Right step side right, left step behind right, right toe point side right

SYNCOPATED CROSSOVER STEPS (CROSS & CROSS & CROSS & CROSS), LEFT HEEL TAP FORWARD, TAP BACK, LEFT STEP INTO ¼ TURN LEFT, RIGHT TOUCH

1&2& Right step across left, left small step side left, right step across left, left small step side left
3&4 Right step across left, left small step side left, right step across left

Styling: right step across left on heel of foot and allow feet and lower body to twist as you do the syncopated crossovers. When executing this option, be sure to place weight on right foot on count 4

5-6 Bring left foot out from behind right and tap left heel forward, tap left toe back
7-8 Left step forward into ¼ turn left, right touch next to left

REPEAT