

# Body Bounce

拍數: 64      牆數: 2      級數: Intermediate / Advanced  
編舞者: Tajali Hall (CAN) - April 2010  
音樂: BodyBounce (feat. Akon) - Kardinal Offishall : (Clean Version)



## 32 count intro

### Out Out, Knee Rolls, Ball Step Side, Kick Ball Step, ¾ Chase Turn

&1            Step back and out with right, step back and out with left  
2-3           Roll right knee out, roll left knee out (ending weight on left)  
&4            Step right next to left, step left to left side  
5&6          Kick right forward, step right together, step left forward  
7&8          Step right forward, ½ turn left stepping forward on left (6:00), ¼ turn left stepping right to right side (3:00)

### 1/8 Sailor Touch, Large Step Forward, Touch, Out Out, 1/8 Cross, Full Triple Turn

1&2           Cross left behind right, step right to right side, touch left next to right (angling 1/8 left to 1:30)  
3-4           Large step forward on left, touch right next to left  
&5-6          Step out with right, step out with left, cross right over left (straightening 1/8 to 12:00)  
7&8          ¼ turn left stepping forward left, ½ turn left stepping back on right, ¼ turn left bringing left together with right (12:00)

### Out Out, Shoulder Shrug, Heel Bounces With Lean, Push, Large Step, Step Together, Cross Shuffle

&1            Step out with right, step out with left  
2             Spread arms out to each side and with palms down shrug shoulders downward (as if pushing something down)  
3&4&5        Bounce left heel five times leaning further to left each time with right heel raised (on 5, pop right knee in)  
6-7           Push off right foot taking large step to right with right foot (dragging left heel), step left next to right  
8&1           Cross right over left, step left to left side, cross right over left (still at >12:00 but angling to 10:30)

### ¼ Rock, Recover, ¼ Turn, ¼ Turn, Sailor Step, ¼ Sailor Touch

2&            ¼ turn left while rocki ng forward with left, recover weight to right (9:00)  
3-4           ¼ left stepping left to left side (6:00), ¼ left stepping right to right side (3:00)  
5&6          Cross left behind right, step right to right side, step left to left side  
7&8          Cross right behind left, step left to left side, touch right next to left making ¼ turn to left (12:00)

### Walk, Walk, Anchor Step, ½ Turn, ¼ Turn, Behind & Cross

1-2           Step forward on right, step forward on left  
3&4           Step right behind left, step left in place, step right in place  
5-6           ½ turn left stepping forward on left (6:00), ¼ turn left stepping right to right side (3:00)  
7&8           Step left behind right, step right to right side, cross left over right

### Step Cross, Step Cross, Hold, Out Out, Hip Bounces

1-2           Step right to right side, step left across right  
3-4           Step right to right side, step left across right  
5             Hold  
&6            Step back and out with right, step back and out with left  
7&8          Bounce hips three times in clockwise di rection (right side, back, left side) with weight ending on left foot (3:00)

**Cross, Step Forward, Rock Recover Cross, ½ Turn, ½ Turn, ½ Turn, ½ Turn**

- 1-2 Cross right over left, step forward on left making ¼ turn (12:00)  
3&4 Rock right to right side, recover on left, cross right over left (still at 12:00 but angling to 10:30)  
5-6 ½ turn left stepping forward on left (6:00), ½ turn left stepping back on right (12:00)  
7-8 ½ turn left stepping forward on left (6:00), ½ turn left stepping back on right finishing with feet together (12:00)

**Side Rock Recover, Side Rock Recover, Kick Ball Cross, ½ Turn Heel Bounces**

- 1-2 Rock left to left side, recover weight to right  
&3-4 Step left next to right, rock right to right side, recover weight to left  
&5 Step right next to left, kick left forward  
&6 Step left next to right, cross right over left (weight distributed evenly)  
7&8 Unwind ½ turn left bouncing heels three times (12:00)

**Styling: Shrug shoulders down in time with heel bounces**

**Start Again. Have Fun!**

**RESTART: On wall 2 (6:00), dance the first 32 counts and then start over (you'll also be facing 6:00 when the restart actually occurs).**

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