

Bounce

拍數: 32 牆數: 2 級數: High Beginner
編舞者: Bertha Arseneau (CAN) - November 2012
音樂: Bounce - Sarah Connor



Also goes well to: "Can't Feel My Face" by The Weekend with restarts.

STEP DIAGONALLY, DRAG, HITCH WITH SHUFFLE STEPS TO LEFT & RIGHT (1-8)

- 1 Step forward diagonally left on L.F. (1),
- 2 Drag R.F. and step behind L.F. and hitch L.knee (2),
- 3&4 Shuffle forward (L.R.L.) (3&4),
- 5 Step forward diagonally right on R.F. (5),
- 6 Drag L.F. and step behind R.F. and hitch R.knee (6),
- 7&8 Shuffle forward (R.L.R.) (7&8),

STEP DIAGONALLY LEFT, RIGHT, STEP BACK, HIP BUMPS LEFT & RIGHT (Hip Bumps option; up & down in a C shape)

- 1 Step back diagonally left on L.F. (1),
- 2-3 Step back diagonally right on R.F. (2), step L.F. back (3),
- &4&5 Hip Bumps L.&), R.(4) L(&), R.(5)
- &6&7 L.&), R.(6), L.&), R.(7)
- &8& L.&), R.(8), L.&)

COASTER STEP R.F., STEP 1/4 TURN LEFT ON L.F., STEP CROSS 1/4 LEFT ON R.F., ROCK RECOVER, SHUFFLE R, STEP CROSS (17-24)

- 1&2 Step R.F. back (1), step L.F. back next to R.F. (&), step R.F. forward (2)
- 3,4,5 Step L.F. 1/4 turn to left (3), to 1/4 turn left, rock R.F. across L.F. (4), recover on L.F. (5)
- 5&7 Shuffle to right (R.L.R.) (6&7)
- 8 Step L.F. cross over R.F. (8)

BOUNCE & CROSS & BEHIND & CROSS, JAZZBOX (25-32)

- 1& Step bounce R.F. to right (1), step L.F. in place (&)
- 2& Cross step R.F. over L.F. (2), step L.F. to left (&)
- 3&4 Cross step R.F. behind L.F. (3), step L.F. to left (&), cross step R.F. over L.F. (4)
- 5-6 (Jazz Box) Step L.F. to left (5), cross step R.F. over L.F. (6)
- 7-8 Step back on L.F. (7), step R.F. to L.F. (8)

START OVER

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