

Bounce

拍數: 72 牆數: 1 級數: Phrased Intermediate / Advanced
編舞者: Séverine Fillion (FR) - January 2014
音樂: Bounce - LoCash Cowboys : (Album: Locash Cowboys, 2013)



Intro : 16 counts

Written for the Cavailon's Catalan competition 2014 with the team : Moutain Rebels

PART A (24 counts)

[1-8] SYNCOPATED VAUDEVILLE

1-2 Right step to the right, left cross behind right
&3 Right step to the right slightly back, touch left heel diagonally left fwd
&4 Recover on left next to right, right cross over left
5-6 Left step to the left, right cross behind left
&7 Left step to the left slightly back, touch right heel diagonally right fwd
&8 Recover on right next to left, left cross over right

[9-16] KICK, FLICK, 1/2 TURN LEFT & KICK, TOUCHES HEEL TOE HEEL (X 2)

1& Kick right fwd, recover on right with left flick back
2& Turn ½ left on right foot with left Kick fwd, recover on left 6 :00
3&4 Touch right heel fwd, touch right toe back, touch right heel fwd
5& Kick right fwd, recover on right with left flick back
6& Turn ½ left on right foot with left Kick fwd, recover on left 12 :00
7&8 Touch right heel fwd, touch right toe back, touch right heel fwd

* On first wall, dance again this 16 counts

[17-24] ROCK FWD, 3 STEPS FULL TURN 1/2 RIGHT, STEP 1/2 TURN, STEP

1-2 Rock step right fwd, recover on left
3-4 ½ turn right & right step fwd, ½ turn right & left step back
5 ½ turn right & right step fwd 6 :00
6-8 Left step fwd, ½ turn right, left step fwd 12 :00

PART B (32 counts)

[1-8] (JUMPING : OUT, HOOK, 1/2 TURN R & KICK) X 2, OUT, STEP 1/2 TURN L X 2, STOMP-UP

1-2 Jump apart (both feet OUT), Jump on left foot in center with right hook back
& Jump on left foot ½ turning right with right Kick fwd 6 :00
3-4 Jump apart (both feet OUT), Jump on left foot in center with right hook back
& Jump on left foot ½ turning right with right Kick fwd 12 :00
5 Jump apart (both feet OUT)
6&7& Right step fwd, ½ turn left, right step fwd, ½ turn left
8 Stomp-up right next to left

[9-16] DIAGONALLY FWD STOMP LOCK STEP (R & L), STOMP FWD, BOUNCE & HEEL TWIST

1-2& Stomp right diagonally right fwd, left cross behind right, right step diagonally right fwd
3-4& Stomp left diagonally left fwd, right cross behind left, left step diagonally left fwd
5 Stomp right diagonally right fwd
6-8 Swivel right heel to the right and to the left dropping right heel on the floor x 3

[17-24] (JUMPING: OUT, HOOK, 1/2 TURN R & KICK) X 2, OUT, STEP 1/2 TURN L X 2, STOMP-UP
Same steps as 1-8

[25-32] ROLLING VINE R DIAGONALLY BACK, HEEL TOUCH, ROLLING VINE L DIAG BACK, HEEL

TOUCH

- 1-4 Rolling vine R (full turn) diagonally right back, finish with a touch left heel fwd
5-8 Rolling vine L (Full turn) diagonally left back, finish with a touch right heel fwd
& Recover on right next to left

PART C (16 counts)

[1-8] STEP FWD, STOMP-UP, ROCK BACK, STOMP-UP, ROCK BACK, STOMP, TOE HEEL TOE SWIVEL

- 1-2 Left step fwd, Stomp-up right next to left
3& Jumping Rock back on right with left Kick fwd, recover on left
4 Stomp-up right next to left
5& Jumping Rock back on right with left Kick fwd, recover on left
6 Stomp right next to left
7&8 Swivel : right toe to the right, right heel to the right, right toe to the right (keep weight on left)

[9-16] SWIVEL, STOMP-UP, ROCK BACK, STOMP-UP, ROCK BACK, STOMP, TOE HEEL TOE SWIVEL

- &1 Recover right toe to the left, right heel to the left (Keep weight on left)
2 Stomp-up right next to left
3& Jumping Rock back on right with left Kick fwd, recover on left
4 Stomp-up right next to left
5& Jumping Rock back on right with left Kick fwd, recover on left
6 Stomp right next to left
7&8 Swivel : right toe to the right, right heel to the right, right toe to the right (keep weight on left)

SEQUENCE : A (16 counts) – A – B – C

A – B – C (8 counts) – A (16 counts)

B + 8 last counts of Part B (Rolling vine)

Final : C – C (9-16)

Enjoy !!

Contact: cfillion@wanadoo.fr
