

Kick And Bounce

Count: 32

Wand: 4

Ebene: Beginner

Choreograf/in: Ramona Davis (USA)

Musik: She's a Lady - Tom Jones



KICK TOUCHES, OUT-OUT, IN-IN

- 1&2 Kick right foot forward, replace right next to left, touch left to left side
- 3&4 Kick left foot forward, replace left next to right, touch right to right side
- &5 Step out to the right on right foot, step out to the left on left foot
- 6 Hold and clap hands
- &7 Step in to center on right foot, step left foot next to right
- 8 Hold and clap hands

KICK BALL CHANGE, CROSS, TURN TWICE

- 1&2 Kick right foot forward, step down on ball of right, step down on left
- 3-4 Cross right over left and unwind ½ turn to left
- 5&6 Kick left foot forward, step down on ball of left, step down on right
- 7-8 Cross left over right and unwind ½ turn to right

HIP BUMPS, STEP TURN BOUNCES

- 1-2 Touch right foot slightly forward and do 2 hip bumps to the right
- 3-4 Touch right foot slightly back and do 2 hip bumps to the right
- 5-6 Step forward with right, pivot ¼ turn to left
- 7-8 Bounce heels, bounce heels

CROSS POINT, CROSS POINT, CROSS TURN, BOUNCE, BOUNCE

- 1-2 Cross right over left, point left to left side
- 3-4 Cross left over right, and point right to right side
- 5-6 Cross right over left, unwind ½ turn to left
- 7-8 Bounce heels, bounce heels

REPEAT
