

# Bounce

**Count:** 32

**Wall:** 2

**Level:** Intermediate level

**Choreographer:** Andrew Palmer (UK), Simon Cox (UK) & Sheila Palmer (UK) - April 2003

**Music:** Bounce - Blue : (CD: All Rise)



## **R ROCK-RECOVER-ROCK-RECOVER-ROCK. TOUCH. ¼ L TWIST. ½ R TWIST. R COASTER**

- 1& R rock across L, recover
- 2&3 R rock back, recover, R step across L
- &4 Touch L toe side left, twist ¼ L [9 o'clock]
- 5&6 Making ½ turn R keep toes in place as you twist heels to L, R, L [3 o'clock]
- 7&8 R coaster step

## **L ROCK-RECOVER. BEHIND. ¼ R SINGLE HEEL-BOUNCE/LEAN. R SHOULDER ROLL. R COASTER**

- 1&2 Rock L side L, recover, step L behind R
- 3&4 Turn ¼ R touching R toe fwd [6 o'clock], bounce R heel (leaning fwd) \* 2
- 5&6 Bounce R heel 3 times (roll R shoulder from front to back over 2 counts whilst straightening and leaning R shoulder back)
- 7&8 R coaster step

## **¼L HEEL-BOUNCE. L ROCK-RECOVER. TOUCH BEHIND. FULL TRIPLE L. R ROCK-RECOVER**

- 1&2 Making ¼ turn L keep toes in place as you bounce heels 3 times [3 o'clock]
- 3&4 Rock L side L, recover, touch L toe behind R (twist at waist slightly swing both arms side R)
- 5&6 [start facing 3 o'clock] Turn ¼ L [12 o'clock] step on L, turn ½ L [6 o'clock] step back on R, turn ¼ L [3 o'clock] step L side L
- 7& R rock across L, recover
- 8& R rock back, recover

## **R ROCK-RECOVER-SIDE. STEP. SIDE-CROSS-POINT. R KNEE POP. STEP. L KICK. ¼ L. R SCUFF.R HITCH-TURN. TOUCH**

- 1& R rock across L, recover
- 2& Step R side R, step L back and behind R
- 3&4 Step R side R, step L across R, point R toe side R
- 5& Pop R knee across L, step R beside L
- 6& Kick L across R, turn ¼ L [12 o'clock] step on L
- 7&8 Scuff R heel, hitch R knee turning ½ L [6 o'clock], touch R beside L