

AB Bounce

Compte: 32

Mur: 4

Niveau: Absolute Beginner

Chorégraphe: Glynn Rodgers (UK) - July 2016

Musique: Danza Kuduro (feat. Lucenzo) - Don Omar : (Preferred track)



Pop Music: Timber – Pitbull Feat. Kesha

Latin Music: □ Nos Vamos De Party – BigStar & Ziel Feat. Mike Moonnight (starts approx 36 counts after vocals)

start – approx 31 secs)

Country Music: □ Stars on the Water – George Strait

Note: This dance will fit to literally hundreds of tracks, use whatever you feel is best!

Have a track your dying to use? If it fits, use it!

[1-8]: Grapevine Right, Diag. Kick, Walk Back, Flick Back.

- 1-2 Step right to right side, cross left behind right.
- 3-4 Step right to right side, kick left over right angling body to right diagonal corner (1/8 turn)
- 5-6 Walk back left & right (remain facing right diag.)
- 7-8 Step back left squaring up to front wall, flick right foot back angling to left diagonal corner (1/8 Turn)

[9-16]: Walk Forward, Kick, Jazz box 1/8 Turn, Touch.

- 1-4 Walk forward right-left-right, kick left foot forward.
- 5-6 Cross left over right, turn 1/8 left stepping back right.
- 7-8 Step left to left side, touch right beside left.

[17-24]: Diag Step, Slide, Heel Bounces, Diag. Step, Slide, Heel Bounces.

- 1-2 Step right forward to right diagonal, slide left to right.
- 3-4 Raise both heels off the floor and drop back to floor x2.
- 5-6 Step left forward to left diagonal, slide right to left.
- 7-8 Raise both heels off the floor and drop back to floor x2.

[25-32]: Diag. Back, Touch x2, Slow Knee Rolls x2.

- 1-2 Step right diagonally back right, touch left beside right.
- 3-4 Step left diagonally back left, touch right beside left.
- 5-6 Roll right knee out in a full circle (clockwise) over 2 counts.
- 7-8 Roll left knee out in a full circle (anti-clockwise) over 2 counts.

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