Bounce



拍数: 32

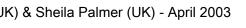
级数: Intermediate

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音乐: Bounce - Blue : (CD: All Rise)

墙数: 2







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 1/4 L [9 o'clock]
- 5&6 Making 1/2 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

- Rock L side L, recover, step L behind R 1&2
- 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

1/2 HEEL-BOUNCE, L ROCK-RECOVER, TOUCH BEHIND, FULL TRIPLE L, R ROCK-RECOVER

- 1&2 Making 1/4 turn L keep toes in place as you bounce heels 3 times [3 o'clock]
- Rock L side L, recover, touch L toe behind R (twist at waist slightly swing both arms side R) 3&4
- 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 1/4 L [12 o'clock] step on L
- 7&8 Scuff R heel, hitch R knee turning 1/2 L [6 o'clock], touch R beside L