

B-O-U-N-C-E

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4
编舞者: Bev Carpenter (USA)
音乐: Bounce - Sarah Connor

级数: Improver



This choreography took 1st place in non/country beginner competition at the 2005 Fort Wayne Showdown

HAND MOTIONS - TURN - TOE POINTS

- 1 With feet together & knees bent, turn knees slightly left & push both hands (palm down) down past right of knees
- 2 Turn knees right & push both hands down past left of knees
- 3-4 Swivel $\frac{1}{4}$ turn left standing up (slight body roll here)
- 5 Touch right foot to right (while fists cross each other deep & out front)
- 6 Touch right toe forward (fists come to waist)
- 7 Touch right toe to right (fists crossed out front again)
- 8 Bring right toe next to left foot (fists back to waist)

HAND MOTIONS - TURN - VAUDEVILLE STEPS

- 9-12 Repeat 1-4 above
- 13 Right step right
- 14 Left heel touch forward at a slight angle left
- & Bring left foot back to right
- 15 Cross right over left
- & Left foot step back at a slight angle left
- 16 Right heel touch forward at right angle

$\frac{3}{4}$ TURN RIGHT - SHUFFLE - HEEL & TOE SWITCHES

- &17 Step right next to left foot, left foot step forward
- 18 $\frac{3}{4}$ turn right hooking right over left foot knee
- 19&20 Right shuffle forward (right-left-right)
- 21&22 Left foot heel touch forward, step left foot together, right heel forward
- &23 Step right foot together, touch left toe out to the left
- &24 Step left foot together, touch right toe out to the right

$\frac{1}{2}$ TURN - HEAD FLICK- BRUSH OFF - KNEE LIFTS - SHUFFLE

- 25 Right step forward
- 26 $\frac{1}{2}$ turn left keeping weight on right
- 27 Head flick over right shoulder
- 28 Take right hand & brush-off left shoulder
- 29&30 Lift left knee twice (up-down-up) with hands on both sides of knees moving down-up-down
- 31&32 Left shuffle forward (left-right-left)

REPEAT

Make sure you get the radio edit, not a remix. It can be bought at Wal-Mart

INTRO

listen for 4 count Hum from Sara. Immediately after that, she says "bounce". At that time, step out to right with right foot, bending over slightly at waist with right forearm at forehead and left arm straight down about 12 inches from side. Keep fingers glued together and straight (Janet Jackson move). Stay there for 16 counts. Then, as the song starts, bring right foot back to left and start the dance