

Bounce Baby (Out The Door!)

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4
编舞者: Levi J. Hubbard (USA)
音乐: Bounce - Sarah Connor

级数: Intermediate/Advanced



SYNCOPATED TOE PUSHES, BOUNCE AROUND (½ TURN RIGHT), SYNCOPATED TOE PUSHES, BOUNCE AROUND (½ TURN RIGHT)

- 1 Right - push toe slightly forward
- &2 Right - slide toe back together, while pushing left toe slightly forward (bending left knee slightly)
- 3&4 Keeping weight on left foot, bounce on heels making ½ turn right
- 5 Right - push toe slightly forward
- &6 Right - slide toe back together, while pushing left toe slightly forward (bending left knee slightly)
- 7&8 Keeping weight on left foot, bounce on heels making ½ turn right (you will have made a complete turn right after these 8 counts)

Easy option: if you wish you can just bounce in place without turning or just bump your hips

SYNCOPATED VINE (RIGHT), WITH HEEL JACK & CROSS STEP, SIDE STEP, HEEL TOUCH, CROSS & CROSS

- 9 Right - step to side
- 10 Left - cross step behind right foot
- &11 Right - jump slightly backward, while touching left heel diagonally forward left
- &12 Left - step slightly backward, while stepping right over left foot
- 13 Left - step slightly to side
- 14 Right - touch toe diagonally forward right (slightly turn to face on a diagonal)
- &15 Right - step slightly backward, while stepping left over right foot
- &16 Right - step slightly to side, cross step left over right foot

SIDE STEP, TOUCH, BOUNCE ¼ TURN (LEFT), WALK FORWARD, SYNCOPATED PUSH TURN (LEFT)

- 17 Right - step to side
- 18 Left - touch together
- 19&20 Bounce on heels making ¼ turn left (shifting weight to right foot)
- 21 Left - step forward
- 22 Right - step forward
- 23 Left - step (rock) forward, slightly lifting right foot off floor
- &24 Right - step back in place, while making ¼ turn left stepping left out to side

SYNCOPATED PUSH-OVER, SIDE STEP & CROSS STEP, SIDE STEP, TOUCH, BOUNCE ¼ TURN (LEFT), KICK-BACK-TOUCH

- 25 Right - cross step (rock) in front of left foot, slightly lifting left foot off floor
- &26 Left - step back in place, while stepping right foot slightly to side
- &27 Left - cross step over right foot, step right out to side
- 28 Left - touch together
- 29&30 Bounce on heels making ¼ turn left (keeping weight on right foot)
- 31 Left - kick slightly forward
- &32 Left - step backward, while touching right together (or cross over left)

REPEAT