

# Bouncin' Off The Ceiling

**COPPER** KNOB  
STEPSHEETS

拍数: 32      墙数: 4      级数: Improver  
编舞者: Barry Amato (USA)  
音乐: Bouncin' Off The Ceiling (Upside Down) - A\*Teens



---

## WALK, WALK, STEP PIVOT, TURNING SHUFFLE, ROCK STEP

1-4      Walk right-left, step forward right foot, pivot ½ turn left  
5-8      Shuffle with a ½ turn left stepping right-left-right, rock back on left, recover on right foot in place

## WALK, WALK, STEP PIVOT, TURNING SHUFFLE, ROCK STEP

1-4      Walk left-right, step forward left foot, pivot ½ turn right  
5-8      Shuffle with a ½ turn right stepping left-right-left, rock back on right, recover on left foot in place

## WALK, WALK, STEP TOGETHER, HEEL SWIVELS

1-2-3&4      Walk forward right-left, step together with the right foot next to left, on the balls of both feet, twist heels right then back to center, original position  
5-6-7&8      Walk forward left-right, step together with the left foot next right, on the balls of both feet, twist heels left then back to center, original position

## STEP, PIVOT ¼ TURN, HITCH, TOUCH BACK, STEP, PIVOT ½ TURN, HITCH, TOUCH BACK

1-4      Step forward on the right foot, pivot a ¼ turn to the left with left taking weight, hitch the right foot to the left knee, touch the right toe straight back  
5-8      Step forward on the right foot, pivot a ½ turn to the left with left taking weight, hitch the right foot to the left knee, touch the right toe straight back

## REPEAT

## RESTART

Restart after count 16 on walls 4, 8, and 10

## TAG

Add after wall 9

## ROCK FORWARD, RECOVER, ROCK BACK, RECOVER

1-4      Rock forward on the right foot, Recover on left foot in place, Rock back on the right foot, Recover on the left foot in place

Start again

---