

# Trampoline

COPPERKNOB  
STEPSHEETS

拍數: 48      牆數: 1      級數: Phrased Advanced - Street  
編舞者: Icha Yulfariza (INA) & Adila Lasta (INA) - December 2024  
音樂: Trampoline (feat. Missy Elliott, BIA & Iamdoechii) - David Guetta & AFROJACK



# 1st Winner Choreography ABC in Indonesia International Dance Festival UCWDC

Sequence : A Tag A(28) B A(16) AA B A(16) A

## Part A (32 Count)

### S1. SIDE TOUCH – CLOSE – SIDE TOUCH – PONY STEP – SAILOR STEP – CROSS SHUFFLE

1 & 2      Touch R to Side, Step R Next to L, Touch L to Side  
3 & 4      Step L Back Hitching R Knee, Step Ball of R Beside L, Step L Back Hitching R Knee  
5 & 6      Step R Behind L, Step L Beside R, Step R to Side  
7 & 8      Cross L Over R, Step R to Side, Cross L Over R

### S2. SHAMROCK – BACK WALK (R,L) – CROSS – UNWIND

1 & 2      Step R to Side, Twist R Toe to Face Left, Step R Next to L & Bounce on Toes of Both Feet (10.30)  
3 & 4      Step L to Side, Twist L Toe to Face Right, Step L Next to R & Bounce on Toes of Both Feet (1.30)  
5 – 6      Step R Back, Step L Back (1.30)  
7 – 8      Turn 1/8 Left & Cross R Over L, Full Turn Weight on L (12.00)

### S3. CREEP – SCUFF – SIDE

1      Turn ¼ Right Stepping R Ball to Side with Both Knee in & Look Left (3.00)  
& 2      Still on Ball of Both Feet turning Knees Out, Knees In  
& 3 & 4      Knees Out, In, Out, In  
& 5 & 6      Knees Out, In, Out, In (End Weight on L)  
7 – 8      Turn ¼ Left & Scuff R, Step R to Side (12.00)

### S4. FLICK OUT (R,L) – HITCH TWICE – SAILOR STEP – FORWARD – CLOSE TOUCH

1 & 2 &      Flick Out R, Step R to Side, Flick Out L, Step L to Side  
3 & 4      Hitch R With Knee Out, Drop R Ball Down, Hitch R With Knee Out  
5 & 6      Step R Behind L, Step L Beside R, Step R to Side  
7 – 8      Step L Forward, Touch R Next to L

## Part B (16 Count)

### S1. SLIDE – DRAG – JUMP BOOTH – ROLLING BODY MOVEMENT

1      Stepping Big R to Side  
2 – 4      Drag L Next to R  
5      Jump Out  
6 – 8      Rolling Body Counterclockwise

### S2. SLIDE BACK – SLIDE LEFT – WALK R,L,R,L

1 – 2      Slide R Backward  
3 – 4      Slide L to Side  
5 – 8      Walk Forward R,L,R, L

### Tag (4 count) V Step

1 – 2      Step R to Right Diagonal Forward, Step L to Left Diagonal Forward  
3 – 4      Step R Back to Center, Step L Next to R

Enjoy the Dance

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