

Bouncing on the floor

Choreographed by: Christopher Stimson, DE
Type: 4 wall, 32 count
Level: Intermediate
Rhythm: Funky
Music: Bounce by Sarah Connor (96 Bpm)

Note: The direction of each step or weight change is defined by points of the clock. The direction that a dancer faces may also be defined by points of the clock. Stage front shall be denoted as 12:00; Stage right shall be denoted as 3:00; Stage back shall be denoted as 6:00; and Stage left shall be denoted as 9:00. Diagonal directions of travel shall be denoted around the clock as 1:30, 4:30; 7:30 and 10:30, respectively. The amount of rotation for pivots and turns is determined from the amount of change in clock directions and refers to the rotation of the dancer's footwork, but does not necessarily indicate the amount of body rotation, or the body's facing contra or open alignment while stepping.

BRUSH, STOMP, SWIVELS WITH ½ TURN, KICK CROSS, SLIDE, ROCK STEP, SLIDE WITH ¼ TURN

1, 2 LF Brush (12:00), Stomp (12:00)
3 & 4 with both feet Swivel R (12:00), Swivel L (12:00) Swivel R with a ½ turn to the right (12:00)
5 & 6 RF Kick forward (6:00), RF Cross over left (6:00), LF Slide back (6:00),
7 & 8 RF Rock back(6:00),recover weight on left foot , RF Slide to the right with a ¼ turn to right (03:00)

ROCK STEP KICK, TOUCH, ½ TURN, HITCH, CLICK CLACK WITH FULL TURN

1 & 2 LF Rock behind RF (3:00) ,recover weight on right foot, LF Kick forward (3:00)
3, 4 LF touch behind RF (3:00), 1/2 turn to the left (9:00)
5 hitch your right knee up (RF) (9:00)
6 & 7 & 8 move your leg to the outside, to the inside with a ¼ turn to the left, to the outside with a ¼ turn, to the inside with a ¼ turn,to the outside with a ¼ turn

KICK & ROCK STEP, KICK & SLIDE, KICK CROSS, FULL TURN, KNEE UP, STEP

1 & 2 & RF Kick forward (9:00), RF step next to LF (9:00), LF Rock to the left side, recover weight back to RF(9:00)
3 & 4 LF Kick forward, left foot step next to RF (9:00), RF slide to the right (9:00)
5, 6 LF Kick to the left (9:00), LF cross over right (9:00)
7, 8 full turn to the right and almost on the end put your R knee up (9:00), RF step in place (9:00)

¼ TURN & ROCK STEP, KNEE UP, SLIDE WITH ¼ TURN, STEP, ROCK STEP, KICK STEP, ROCK STEP, STEP

1, 2 LF rock forward with a ¼ turn to the right (12:00) recover weight back to RF
& 3, 4 L knee up (12:00), LF slide to the left with a ¼ turn to the left (9:00), RF step beside LF (9:00)
5 & LF Rock to the left side, recover weight back on right foot (9:00)
6 & LF kick, LF step in place (9:00)
7 & 8 RF Rock to the right side, recover weight back on left foot,RF step next to left (9:00)