

B-O-U-N-C-E

Choreographed by Bev Carpenter

Description: 32 count, 4 wall, beginner/intermediate line dance

Music: **Bounce** by Sarah Connor [CD: [Bravo Hits 42](#) / [Sarah Connor](#) / [Unbelievable](#) / Available on iTunes 

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 ¼ 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 forward (fists come to waist)
- 7 Touch right to side (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 Step right to side
- 14 Left heel touch forward at a slight angle left
& Step 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

¾ TURN RIGHT - SHUFFLE - HEEL & TOE SWITCHES

- &17 Step right next to left foot, step left forward
- 18 ¾ turn right hooking right over left foot knee
- 19&20 Chassé forward right, left, right
- 21&22 Left foot heel touch forward, step left together, right heel forward
- &23 Step right together, touch left toe out to the left
- &24 Step left together, touch right toe out to the right

½ TURN - HEAD FLICK - BRUSH OFF - KNEE LIFTS - SHUFFLE

- 25 Step right forward
- 26 ½ 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 Chassé 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, step right foot back to left and start the dance