

Bounce – aka Groove

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Suggested music “Bounce” by Sarah Connor or “Slow” by Kylie Minogue or any funky music

Beg dance – 32 counts 4 walls

- 1-8**
(1-6,7&8) **Tap Steps, Stationary Pivot, Triple Step**
Tap forward L (1), step on L (2), tap forward R (3), step on R (4), stationary pivot turn to R by stepping forward L (5), ½ turn to R step on R (6) triple step forward L,R,L (7&8)
- 9 - 16**
(1-6,7&8) **Tap Steps, Stationary Pivot, Triple Step**
Same as above but starting on other foot. Tap forward R (1), step on R (2), tap forward L (3) step on L (4), stationary pivot turn to L by stepping forward R (5), ½ turn to L step on L (6) triple step forward R,L,R (7&8)
- 17-24**
(1&2,3,4,5&6,&8) **Kick ball press ¼ turn, heel drops, brush point tap, back and tap**
Kick ball change ending with press on right by kicking L (1), step together with L (&), turn ¼ turn to right and press forward on R ball of foot (2), drop R heel 2 times (3,4), slightly brushing the floor with L point L in front of you slightly off the floor (5), jump forward slightly as step on L (&), tap R behind and crossed (6), hold 7, jump back onto R (&), tap L together with R turning body ¼ turn to R but still facing same direction (8). I don't consider this a turn.... Just tapping together with both knees slightly bent and left hip facing the original direction facing when doing the jump. Body does feel like it made a ¼ turn R (but still think you are continuing, facing the current wall). Prepare to do hip roll.
- 25-32**
(1-4,5,6&7,8) **Hip Roll Bounce, Step, syncopated vine.**
Push left hip to left (1) you will be facing the same wall you did when you jumped forward. Roll hips to the right in full circle (2-4) and to slower music you can bounce by doing little knee pops double time. Think down into the knees just a little for the bounce. Step side R (5), cross behind L (6), side R (&), cross front L (7), side R (8). Note: When you do the hip roll and then step side, you should be facing the wall you were facing for the jumps on the side step.

Repeat – no tags, no restarts, just fun! Easy funky style dance works to any funky music or disco from 105 – 125 bpm.