

## **THE BOUNCE**

*Choreographers: Jo Thompson-Szymanski & Scott Blevins (September '18)*

*Counts: 32 Walls: 4*

*Music: "The Bounce" by Outasight*

*Level: Intermediate*



**#16 count intro** to start with lyrics.

**Sequence:** 16 intro, 32, 16, Tag (facing original 6 o'clock wall when tag is completed), 32, 32, 16, Tag (facing the original 3 o'clock wall when tag is completed), 32, 32, 32, Tag (facing the original 3 o'clock wall when Tag is completed), 32 with ending.

### **[1-8] KNEE, BACK, COASTER CROSS, SIDE ROCK, RECOVER, CROSS, SIDE, TOGETHER, KNEE, KNEE**

- 1-2 1) Lift R knee; 2) Big step R back dragging L heel  
 3&4 3) Step ball of L back; &) Step ball of R beside L; 4) Step L across R  
 5&6 5) Rock R to right; &) Recover to L; 6) Step R across L  
 &7&8 (&) Step L to left angling to face 1:00; 7) Step ball of R beside L with R knee popped; &) Pop L knee; 8) Pop R knee

### **[9-16] FWD, SPIRAL, SIDE ROCK, RCVR, BEHIND, SIDE ROCK, RCVR, BEHIND, 1/4 RIGHT, SIDE ROCK, RCVR, CROSS**

- 1a2 1) Step R forward toward 1:00; a) Small step L forward toward 1:00; 2) Spiral 5/8 right on ball of L [9:00]  
 3&4 3) Rock R to right; &) Recover to L; 4) Step R behind L  
 5&6& 5) Rock L to left; &) Recover to R; 6) Step L behind R; &) Turn 1/4 right stepping R forward [12:00]  
 7&8 7) Rock L to left; &) Recover to R; 8) Step L across R

### **[17-24] RIGHT ROCK, 1/4 LEFT RCVR, 1/2 LEFT, 3/8 LEFT, ANGLED MAMBO, BUMP AND BUMP**

- 1-2 1) Rock R to right torquing upper body right; 2) Turn 1/4 left recovering to L [9:00]  
 3-4 3) Turn 1/2 left stepping R back; 4) Turn 3/8 left stepping L to left [11:00]  
 5&6 5) Rock R forward toward 11:00; &) Recover to L; 6) Step R back bending knees slightly [11:00]  
 a7&8 (a) Lift L hip; 7) Bump hips down to right; &) Lift L hip; 8) Bump hips down to the right

### **[25-32] 3/8 ARCING RUN, CROSS, 1/4 RIGHT, BACK, TOGETHER, BACK, TOGETHER, BACK, 1/2 RIGHT**

- 1&2 1&2) Take 3 small steps forward L-R-L arcing 3/8 left to face 6:00  
 3-4 3) Step R across L; 4) Turn 1/4 right stepping L back [9:00]  
 5& 5) Step R back with right hip and toe turned out to right but still facing 9:00; &) Step L to R instep  
 6&7,8 (6&) Repeat counts 5&; 7) Repeat count 5; 8) Turn 1/2 right stepping L forward [3:00]

*Fun variation for counts 29-32 on rotations 3-6-8-9: 5) Step R back; 6) Small step L back a shoulder width apart from R; 7) Small step R back a shoulder width apart from L at the same time shake hips fast side to side 5e&a6e&a7, kind of like a hip shimmy; 8) Turn 1/2 right stepping L forward.*

**Tag: Occurring after count 16 on rotations 2 and 5 and at the end of rotation 8:**

**[1-8] 3/8 LEFT WITH HIP CIRCLES, 1/8 LEFT PREP, 1/2 RIGHT, 1/2 RIGHT, 1/4 RIGHT, STOP SIGN, HOLD**

1&2&3& 1) Step R to right; &) Pivot 1/8 left while circling hips anti clockwise; 2) Small step R forward; &) Pivot 1/8 left while circling hips anti clockwise; 3) Small step R forward; & Pivot 1/8 left while circling hips anticlockwise

4-5-6 4) Turn 1/8 left stepping R forward; 5) Turn 1/2 right stepping L back; 6) Turn 1/2 right stepping R forward

&7-8 (&) Turn 1/4 right stepping L to left; 7) Step R to right pushing R palm to right and look right; 8) Hold (shifting weight to L)

**[9-16] JAZZ BOX, FORWARD, 1/2 LEFT, DROP DOWN, POP UP**

1-4 1) Step R across L; 2) Step L back; 3) Step R to right; 4) Step L forward

5-8 5) Step R forward; 6) Turn 1/2 left taking weight on L; 7) Step R to right dropping into a squat; 8) Pop up weight on L

*Ending: Your final rotation will start facing the original 3 o'clock wall. You will dance through count 31 using the variation as written above and will be facing the original 12 o'clock wall. Replace count 32 with - Step L out to left hitting a pose.*