

Body Bounce

Choreographed by Tajali Hall (Canada) – April 2010

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Description: 64 count, 2 wall, intermediate/advanced line dance (1 restart) – 32 count intro

Music: BodyBounce by Kardinal Offishall feat. Akon (clean version) – available on iTunes



OUT OUT, KNEE ROLLS, BALL STEP SIDE, KICK BALL STEP, ¼ CHASE TURN

- &1 Step back and out with right, step back and out with left
- 2-3 Roll right knee out, roll left knee out (ending weight on left)
- &4 Step right next to left, step left to left side
- 5&6 Kick right forward, step right together, step left forward
- 7&8 Step right forward, ½ turn left stepping forward on left (6:00), ¼ turn left stepping right to right side (3:00)

1/8 SAILOR TOUCH, LARGE STEP FORWARD, TOUCH, 1/8 OUT OUT, STEP, FULL TRIPLE TURN

- 1&2 Cross left behind right, step right to right side, touch left next to right (angling 1/8 left to 1:30)
- 3-4 Large step forward on left, touch right next to left
- &5-6 Step out with right, step out with left (straightening 1/8 to 12:00), step out with right (prepping for full turn)
- 7&8 ¼ turn left stepping forward left, ½ turn left stepping back on right, ¼ turn left bringing left together with right (12:00)

OUT OUT, SHOULDER SHRUG, HEEL BOUNCES WITH LEAN, PUSH, LARGE STEP, STEP TOGETHER, CROSS SHUFFLE

- &1 Step out with right, step out with left
- 2 Spread arms out to each side and with palms down shrug shoulders downward (as if pushing something down)
- 3&4&5 Bounce left heel five times leaning further to left each time with right heel raised (on 5, pop right knee in)
- 6-7 Push off right foot taking large step to right with right foot (dragging left heel), step left next to right
- 8&1 Cross right over left, step left to left side, cross right over left (still at 12:00 but angling to 10:30)

¼ ROCK, RECOVER, ¼ TURN, ¼ TURN, SAILOR STEP, ¼ SAILOR TOUCH

- 2& ¼ turn left while rocking forward with left, recover weight to right (9:00)
- 3-4 ¼ left stepping left to left side (6:00), ¼ left stepping right to right side (3:00)
- 5&6 Cross left behind right, step right to right side, step left to left side
- 7&8 Cross right behind left, step left to left side, touch right next to left making ¼ turn to left (12:00)

WALK, WALK, ANCHOR STEP, ½ TURN, ¼ TURN, BEHIND & CROSS

- 1-2 Step forward on right, step forward on left
- 3&4 Step right behind left, step left in place, step right in place
- 5-6 ½ turn left stepping forward on left (6:00), ¼ turn left stepping right to right side (3:00)
- 7&8 Step left behind right, step right to right side, cross left over right

STEP CROSS, STEP CROSS, HOLD, OUT OUT, HIP BOUNCES

- 1-2 Step right to right side, step left across right
- 3-4 Step right to right side, step left across right
- 5 Hold
- &6 Step back and out with right, step back and out with left
- 7&8 Bounce hips three times in clockwise direction (right side, back, left side) with weight ending on left foot (3:00)

CROSS, STEP FORWARD, ROCK RECOVER CROSS, ½ TURN, ½ TURN, ½ TURN, ½ TURN

- 1-2 Cross right over left, step forward on left making ¼ turn (12:00)
- 3&4 Rock right to right side, recover on left, cross right over left (still at 12:00 but angling to 10:30)
- 5-6 ½ turn left stepping forward on left (6:00), ½ turn left stepping back on right (12:00)
- 7-8 ½ turn left stepping forward on left (6:00), ½ turn left stepping back on right finishing with feet together (12:00)

SIDE ROCK RECOVER, SIDE ROCK RECOVER, KICK BALL CROSS, ½ TURN HEEL BOUNCES

- 1-2 Rock left to left side, recover weight to right
- &3-4 Step left next to right, rock right to right side, recover weight to left
- &5 Step right next to left, kick left forward
- &6 Step left next to right, cross right over left (weight distributed evenly)
- 7&8 Unwind ½ turn left bouncing heels three times (12:00) (*Styling: Shrug shoulders down in time with heel bounces*)

START AGAIN...HAVE FUN! ☺

Restart: On wall 2 (6:00), dance the first 32 counts and then start over (you'll also be facing 6:00 when the restart actually occurs).