Bounce In My Step

Count: 32 **Wall:** 2 **Level:** Beginner
Choreographer: Matt Lewis (UK), Ray Jones (WLS) & Sophie Stevens (UK) - November 2023
Music: Bounce (7th Heaven Remix) - Samantha Jade

Music available on iTunes, Spotify and Amazon

#32 Count Intro

SEC 1 Step, Together, Bounce knees x2, Step, Together, Bounce knees x2

1-2	Step right forward to right diagonal, step left beside right
3-4	Bounce both knees, bounce both knees
5-6	Step left forward to left diagonal, step right beside left
7-8	Bounce both knees, bounce both knees

SEC 2 Back, Touch, ¼ Step, Touch, ½ Volta

1-2	Step right back to right diagonal, touch left beside right
3-4	Turn ¼ left step left forward, touch right beside left (9:00)
5&	Turn ⅛ right step right forward, step left beside right (10:30)
6&	Turn ⅛ right step right forward, step left beside right (12:00)
7&	Turn ⅛ right step right forward, step left beside right
8	Turn ⅛ right step right forward (3:00)

Restart Here on Wall 2, replace 5-8 with ¾ Volta & close left beside right then restart

5&	Turn ¼ right step right forward, step left beside right (6:00)
6&	Turn ¼ right step right forward, step left beside right (9:00)
7-8	Turn ¼ right step right forward, step left beside right (12:00)

SEC 3 Cross, Hold, Ball Heel, Hold, Volta

1-2	Cross left over right, hold
&3-4	Step right back to right diagonal, touch left heel forward to left diagonal, hold
&5&	Step left beside right, cross right over left, step left beside right
6&	Cross right over left, step left beside right
7&8	Cross right over left, step left beside right, cross right over left

SEC 4 Cross, ¼ Back, Coaster Step, Step, ½ Pivot, Walk, Walk

1-2	Cross left over right, turn ¼ left step right back (12:00)
3&4	Step left back, step right beside left, step left forward
5-6	Step right forward, pivot ½ left transferring weight on to left (6:00)
7-8	Step right forward, step left forward

Tag At the end of Wall 4
Side, Hip Roll

1-2-3-4	Step right to right roll hips clockwise over 4 counts

Last Update: 30 Nov 2023