

AB Bounce

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Count: 32 **Wall:** 4 **Level:** Absolute Beginner

Choreographer: Glynn "Applejack" Rodgers - July 2016

Music: Danza Kuduro - Don Omar Feat. Lucenzo (Preferred track)

Pop Music: Timber - Pitbull Feat. Kesha

Latin Music: Nos Vamos De Party - BigStar & Ziel Feat. Mike Moonlight (starts approx 36 counts after vocals

start - approx 31 secs)

Country Music: Stars on the Water - George Strait

Note: This dance will fit to literally hundreds of tracks, use whatever you feel is best!

Have a track your dying to use? If it fits, use it!

[1-8]: Grapevine Right, Diag. Kick, Walk Back, Flick Back.

1-2: Step right to right side, cross left behind right.

3-4: Step right to right side, kick left over right angling body to right diagonal corner (1/8 turn)

5-6: Walk back left & right (remain facing right diag.)

7-8: Step back left squaring up to front wall, flick right foot back angling to left diagonal corner (1/8 Turn)

[9-16]: Walk Forward, Kick, Jazz box 1/8 Turn, Touch.

1-4: Walk forward right-left-right, kick left foot forward.

5-6: Cross left over right, turn 1/8 left stepping back right.

7-8: Step left to left side, touch right beside left.

[17-24]: Diag Step, Slide, Heel Bounces, Diag. Step, Slide, Heel Bounces.

1-2: Step right forward to right diagonal, slide left to right.

3-4: Raise both heels off the floor and drop back to floor x2.

5-6: Step left forward to left diagonal, slide right to left.

7-8: Raise both heels off the floor and drop back to floor x2.

[25-32]: Diag. Back, Touch x2, Slow Knee Rolls x2.

1-2: Step right diagonally back right, touch left beside right.

3-4: Step left diagonally back left, touch right beside left.

5-6: Roll right knee out in a full circle (clockwise) over 2 counts.

7-8: Roll left knee out in a full circle (anti-clockwise) over 2 counts.

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