

# COUNTRY BOUNCE

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**Count:** 68

**Wall:** 4

**Level:** —

**Choreographer:** Martie Ferrazzano

**Music:** William And Mary by Davis Daniel

## LEFT STEP, SLIDE, STEP, SLIDE

- 1 Step left heel forward slightly diagonal left (left toes pointing up and approximately 6" to 8" from floor, left foot pointing toward approximately 11:00 o'clock, weight on left heel).
- 2 Slide right ball of foot forward slightly diagonal left so that right instep is touching left heel, right toes pointing to approximately 12:30 to 1:00 o'clock. As the right instep touches the left heel, the left ball of foot sets down on floor, weight still on right foot.
- 3-4 Repeat steps 1-2

## RIGHT STEP, SLIDE STEP, SCOOT

- 5 Step right heel forward slightly diagonal right (right toes pointing up and approximately 6" to 8" from floor, right foot pointing toward approximately 1:00 o'clock, weight on right heel).
- 6 Slide left ball of foot forward slightly diagonal right so that the left instep is touching right heel, left toes pointing to approximately 11:00 to 11:30 o'clock. As the left instep touches the right heel, the right ball of foot sets down on the floor, weight still on left foot.
- 7 Repeat step #5
- 8 Scoot right ball of foot forward into 12:00 o'clock (left knee is bent with left upper leg somewhat parallel to floor and left lower leg perpendicular to floor with toes pointing downward).

## SYNCOPATED BACK, SCOOT, BACK, SCOOT, BACK, HOP

- & Step left foot back
- 9 Scoot left ball of foot back (right knee is bent with right upper leg somewhat parallel to floor and right lower leg perpendicular to floor with toes pointing downward).
- & Step right foot back
- 10 Scoot right ball of foot back (left knee is bent with left upper leg somewhat parallel to floor and left lower leg perpendicular to floor with toes pointing downward).
- & Step left foot back

- 11 Repeat step #9
- & Step right foot back
- 12 Hop in place, landing on both feet (both feet will be approximately 6" to 8" off of floor on hop).

### **WALK FORWARD LEFT, RIGHT, LEFT, KICK**

- 13 Step left foot forward
- 14 Step right foot forward
- 15 Step left foot forward
- & Bend right knee slightly as you lift right foot off floor (upper right leg is angled slightly forward with lower right leg bent back, toes pointing downward (½ beat)).
- 16 Flick kick right foot forward (kick by snapping lower right leg/foot forward so that right foot is approximately 8" to 12" from floor (½ beat)).

### **WALK BACKWARD RIGHT, LEFT, RIGHT, HOP**

- 17 Step right foot back
- 18 Step left foot back
- 19 Step right foot back
- 20 Hop in place, landing on both feet (both feet will be approximately 6" to 8" off of floor on hop).

### **WALK FORWARD LEFT, RIGHT, LEFT, STOMP (DOWN)**

- 21 Step left foot forward
- 22 Step right foot forward
- 23 Step left foot forward
- 24 Stomp (down) right foot beside left foot (weight on both feet).

### **HEEL SWIVELS LEFT, CENTER, RIGHT, CENTER**

- 25 Swivel/move both heels to left side (put weight on the balls of both feet and move both heels to left side).
- 26 Swivel/move both heels to center (put weight on the balls of both feet and move both heels back to center so that both feet are facing 12:00 o'clock)
- 27 Swivel/move both heels to right side (put weight on the balls of both feet and move both heels to right side).

- 28 Swivel/move both heels to center (put weight on the balls of both feet and move both heels back to center so that both feet are facing 12:00 o'clock).

### **RIGHT HEEL, CROSS, RIGHT HEEL, CROSS**

- 29 Touch right heel forward and slightly to right side (right toe pointing to approximately 1:00 o'clock).
- 30 Touch right toe across front of left ankle (right toe touching floor on left side of foot).
- 31-32 Repeat steps 29-30

### **PELVIC THRUSTS**

- & Move hips back
- 33 Move/push hips forward
- & Move hips back
- 34 Move/push hips forward
- & Move hips back
- 35 Move/push hips forward
- & Move hips back
- 36 Move/push hips forward

### **HOP SWITCH, CROSS, HEEL, CROSS**

- 37 Hop switch right foot back and left heel forward and slightly to the left side (left toe pointing to approximately 11:00 o'clock. Right foot uncrosses from left foot and right foot steps to center as left heel touches forward).
- 38 Touch left toe across front of right ankle (left toe touching floor on right side of foot).
- 39 Touch left heel forward and slightly to left side (left toe pointing to approximately 11:00 o'clock)
- 40 Touch left toe across front of right ankle (left toe touching floor on right side of foot).

### **PELVIC THRUSTS**

- & Move hips back
- 41 Move/push hips forward
- & Move hips back
- 42 Move/push hips forward

- & Move hips back
- 43 Move/push hips forward
- & Move hips back
- 44 Move/push hips forward

### **SUGAR FOOT (FOUR TIMES), SHUFFLE BACK (FOUR TIMES)**

- 45 Touch left toe beside right toe (left knee is slightly bent, left toe and left knee pointing to approximately 2:00 o'clock, left heel is raised approximately 3" to 6" from floor).
- 46 Touch left heel beside right toe (left toe and left knee pointing to approximately 10:00 o'clock, left toe raised approximately 3" to 6" from floor).
- 47 Step left ball of foot back
- & Step right ball of foot back (right heel to approximately left toe (½ beat)).
- 48 Step left foot back (½ beat)
- 49 Touch right toe beside left toe (right knee is slightly bent, right toe and right knee pointing to approximately 10:00 o'clock, right heel is raised approximately 3" to 6" from floor).
- 50 Touch right heel beside left toe (right toe and right knee pointing to approximately 2:00 o'clock, right toe raised approximately 3" to 6" from floor).
- 51 Step right ball of foot back
- & Step left ball of foot back (left heel to approximately right toe (½ beat)).
- 52 Step right foot back
- 53-55 Repeat steps 45-47
- & Step right ball of foot back (right heel to approximately left toe (½ beat)).
- 56-59 Repeat steps 48-51
- & Step left ball of foot back (left toe to approximately right toe (½ beat)).
- 60 Repeat step 52

### **WALK FORWARD LEFT, RIGHT, LEFT, SCOOT INTO ¼ TURN LEFT**

- 61 Step left foot forward
- 62 Step right foot forward
- 63 Step left foot forward

- 64** Scoot/move left ball of foot into ¼ turn left (right knee is bent, right upper leg somewhat parallel to floor, lower portion of leg is perpendicular to floor, toes pointing downward. Now facing 9:00 o'clock).

**RIGHT SIDE LUNGE, SLIDE, STOMP (DOWN), STOMP (DOWN)**

- 65** Step/lunge right foot to right side (approximately 3', or more, from left foot. Both knees are slightly bent).
- 66** Slide left ball of foot to beside right foot (weight on right foot)
- 67** Stomp (down) left foot beside right foot (weight on left foot)
- 68** Stomp (down) right foot beside left foot (weight now on both feet).

**REPEAT**