

AB Bounce

32 Count, 4 Wall, Absolute Beginner

Choreographer: Glynn Rodgers (UK) Jul 2016

Choreographed to: Danza Kuduro by Don Omar, ft. Lucenzo

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- Section 1** **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)
- Section 2** **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.
- Section 3** **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.
- Section 4** **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.
- Pop Music:** **Timber by Pitbull, ft. Kesha**
- Latin Music:** **Nos Vamos De Party by BigStar & Ziel, ft. Mike Moonlight**
(starts approx 36 counts after vocals start – approx 31 secs)
- Country Music:** **Stars on the Water by 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!
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