

# Burn It Up (越燒越旺) (zh)

COPPER KNOB  
STEPPERS

Count: 64

Wand: 4

Ebene: Intermediate

Choreograf/in: Robbie McGowan Hickie (UK) & Ria Vos (NL) - 2010年06月

Musik: Burn It Up - Jessie James



前奏：32 Count intro – Start on Vocals 32拍後唱歌起跳

**第一段** **Cross Rock. & Cross. 1/4 Turn Left. Back Rock. Full Turn Right.**  
交叉下沉, 回復 併 交叉, 左1/4, 後下沉, 回復, 轉, 轉

1–2 Cross rock Right over Left. Rock back on Left.  
右足於左足前交叉下沉, 左足回復

&3–4 Step ball of Right beside Left. Cross step Left over Right. Make 1/4 turn Left stepping back on Right.  
右足併踏, 左足於右足前交叉踏, 左轉90度右足後踏

5–6 Rock back on Left. Rock forward on Right. (Facing 9 o'clock)  
左足後下沉, 右足回復(面向9點鐘)

7–8 Make 1/2 turn Right stepping back on Left. Make 1/2 turn Right stepping forward on Right. 右轉180度左足後踏, 右轉180度右足前踏

**第二段** **1/4 Turn Right. Drag. Ball-Cross. Right Kick-Ball-Cross. Side Step Right. Left Sailor 1/2 Turn Left.**  
右1/4左大步, 拖 併 交叉, 踢 併 交叉, 右, 轉水手

1–2 Make 1/4 turn Right stepping Left Long step to Left side. Drag Right towards Left. (Weight on Left)  
右轉90度左足左一大步, 右足拖併(重心在左足)

&3 Step ball of Right beside Left. Cross step Left over Right. (Facing 12 o'clock) 右足併踏, 左足於右足前交叉踏(面向12點鐘)

4&5 Kick Right Diagonally forward Right. Step ball of Right beside Left. Cross step Left over Right.  
右足右斜角前踢, 右足併踏, 左足於右足前交叉踏

6 Step Right to Right side. 右足右踏

7&8 Cross Left behind Right. Make 1/2 turn Left stepping Right beside Left. Step forward on Left.  
左足於右足後交叉踏, 左轉180度右足併踏, 左足前踏

**第三段** **Step Forward. Hold. & Walk. 1/4 Turn Right. Behind & Cross. Left Side Rock & Cross. 踏, 候 併 走, 右1/4, 後 旁 前, 曼波交叉**

1–2 Step forward on Right. Hold. (Facing 6 o'clock)  
右足前踏, 候(面向6點鐘)

&3–4 Step ball of Left beside Right. Walk forward on Right. Make 1/4 turn Right stepping Left to Left side.  
左足併踏, 右足前走, 右轉90度左足左踏

5&6 Cross Right behind Left. Step Left to Left side. Cross step Right over Left. (Facing 9 o'clock)  
右足於左足後交叉踏, 左足左踏, 右足於左足前交叉踏(面向9點鐘)

7&8 Rock Left out to Left side. Recover weight on Right. Cross step Left over Right. 左足左下沉, 右足回復, 左足於右足前交叉踏

**第四段** **1/4 Turn Left. Shuffle 1/2 Turn Left. Forward Rock. Right Sailor 1/4 Turn Right with Press. Hitch.**  
左1/4, 轉交換, 下沉 回復, 1/4轉水手帶壓踏, 抬

1 Make 1/4 turn Left stepping back on Right. 左轉90度右足後踏

2&3 Left shuffle making 1/2 turn Left stepping Left. Right. Left. (Facing 12 o'clock) 左180度轉交換-左, 右, 左(面向12點鐘)

- 4-5 Rock forward on Right. Rock back on Left. 右足前下沉, 左足回復
- 6&7 Cross Right behind Left. Make 1/4 turn Right stepping Left beside Right. Press/Lung forward on Right.  
右足於左足後交叉踏, 右轉90度左足併踏, 右足前壓踏
- 8 Recover weight on Left whilst hitching Right knee up. (Facing 3 o'clock) 左足回復右膝抬(面向3點鐘)

**第五段 Step Back. Left Coaster Step. Sweep with 1/4 Turn Left. Cross. Hold. & Cross. 1/4 Turn Left.**  
**後, 海岸步, 繞轉1/4, 交叉, 候左交叉, 左1/4**

- 1-2&3 Step back on Right. Step back on Left. Step Right beside Left. Step forward on Left. 右足後踏, 左足後踏, 右足併踏, 左足前踏
- 4 Sweep Right out and around from back to front making 1/4 turn Left.  
右足由繞至前並左轉90度
- 5-6 Cross step Right over Left. Hold. (Facing 12 o'clock)  
右足於左足前交叉踏, 候(面向12點鐘)
- 8&7-8 Step Left to Left side. Cross step Right over Left. Make 1/4 turn Left stepping forward on Left.  
左足左踏, 右足於左足前交叉踏, 左轉90度左足前踏

**第六段 Cross Rock & Side. Cross Rock & 1/4 Turn Left. Full Turn Left. Right Lock Step Forward. 交叉曼波, 交叉曼波轉1/4, 轉轉, 前鎖步**

- 1&2 Cross rock Right over Left. Rock back on Left. Step Right to Right side. (Facing 9 o'clock)  
右足於左足前交叉下沉, 左足回復, 右足右踏(面向9點鐘)
- 3&4 Cross rock Left over Right. Rock back on Right. Make 1/4 turn Left stepping forward on Left.  
左足於右足前交叉下沉, 右足回復, 左轉90度左足前踏
- 5-6 Make 1/2 turn Left stepping back on Right. Make 1/2 turn Left stepping forward on Left. 左轉180度右足後踏, 左轉180度左足前踏
- 7&8 Step forward on Right. Lock step Left behind Right. Step forward on Right. (Facing 6 o'clock)  
右足前踏, 左足於右足後鎖踏, 右足前踏(面向6點鐘)

**第七段 Forward Rock. & Diagonal Step Back. Touch. Monterey 1/2 Turn Right. Left Side Rock & Cross. Side.**

下沉, 回復後併點, 右點, 轉, 曼波交叉, 右踏

- 1-2 Rock forward on Left. Rock back on Right.  
左足前下沉, 右足回復
- 8&3 Jump/Step Left Diagonally back Left. Touch Right toe beside Left.  
左足左斜角後踏, 右足趾併點
- 4-5 Point Right toe out to Right side. Make 1/2 turn Right stepping Right beside Left. 右足趾右點, 右轉180度右足併踏
- 6&7 Rock Left out to Left side. Recover weight on Right. Cross step Left over Right. 左足左下沉, 右足回復, 左足於右足前交叉踏
- 8 Step Right to Right side. (Facing 12 o'clock)  
右足右踏(面向12點鐘)

**第八段 Back Rock. 1/4 Turn Right. 1/2 Turn Right. Forward Rock. Recover with Hitch. Left Coaster Step.**  
**後下沉, 回復, 右1/4, 1/2, 下沉, 回復抬, 海岸步**

- 1-2 Rock back Left behind Right. Rock forward on Right.  
左足於右足後下沉, 右足回復
- 3-4 Make 1/4 turn Right stepping back on Left. Make 1/2 turn Right stepping forward on Right. 右轉90度左足後踏, 右轉180度右足前踏
- 5-6 Rock forward on Left. Recover weight on Right whilst hitching Left knee up. 左足前下沉, 右足回復左膝抬

7&8 Step back on Left. Step Right beside Left. Step forward on Left. (Facing 9 o'clock) 左足後踏, 右足併踏, 左足前踏(面向9點鐘)

**TAG:** 8 Count Tag (END Of Wall 2) 第二面牆結束後加8拍

**Forward Rock. & Heel Dig. Hold. & Step. Pivot 1/2 Turn Left x2.**  
下沉 回復, 後踵點, 候 後踏, 轉, 踏轉

1-2 Rock forward on Right. Rock back on Left. (Facing 6 o'clock)  
右足前下沉, 左足回復(面向6點鐘)

&3-4 Step Right Diagonally back Right. Dig Left heel Diagonally forward Left. Hold. 右足右斜角後踏, 左足踵左斜角前點, 候

&5-6 Step Left back to place. Step forward on Right. Pivot 1/2 turn Left. 左足後踏, 右足前踏, 左軸轉180度

7-8 Step forward on Right. Pivot 1/2 turn Left.  
右足前踏, 左軸轉180度

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