

Burp

Count: 40

Wall: 4

Level: Improver

Choreographer: Louis Francoeur

Music: Life Is a Rollercoaster - Ronan Keating



STEP, TRIPLE, BACK, TRIPLE ½ TURN LEFT, TOUCH AND TOUCH

- 1 Step right foot forward
- 2&3 Step left foot forward, step right foot beside left, step left foot in place
- 4 Step right foot back
- 5&6 Triple step ½ turn left stepping left-right-left
- 7&8 Right toe touch right, step right beside left, left toe touch left

TOUCH, ½ LEFT, RIGHT SHUFFLE, TOUCH ACROSS, HOLD, ½ TURN RIGHT, ¼ TURN LEFT

- 1-2 Left toe touch behind, ½ turn left weight on left
- 3&4 Step right to right, step left next to right, step right to right
- 5-6 Left toe touch across right foot, hold
- 7-8 Turn ½ right on ball of both feet, turn ¼ turn left on ball of both feet

STEP, HOLD, STEP, STEP, HOLD, KICK AND TOUCH, ½ TURN RIGHT

- 1-2 Step right foot forward, hold
- 3-4 Step left foot forward, step right foot forward
- 5 Hold
- 6&7 Kick left foot forward, step left foot beside right, right toe behind
- 8 ½ turn right weight on right

STEP ½ RIGHT, STEP ¼ RIGHT, STEP, STEP, ROCK, RECOVER, 2 BUMPS

- 1-2 Step left turning ½ turn right, step right turning ¼ right
- 3-4 Step left foot forward, step right foot forward
- 5-6 Left rock step to left, recover weight onto right
- 7-8 Step left beside right while bumping left hip left, bump right hip right

JUMP BACK, CLAP, ¼ TURN LEFT JUMP BACK, CLAP, STEP, TRIPLE FULL TURN LEFT, STEP

- &1-2 Step left behind, step right beside left, clap
- &3-4 ¼ turn left step left behind, step right beside left, clap
- 5 Step left foot forward
- 6&7 Triple step full turn left stepping right-left-right
- 8 Step left foot forward

REPEAT

On last 4 times, place both hands on your belly and bend your back (like if you have a stomach ache after a roller coaster trip)
