

Jus Burnin'

拍数: 32 墙数: 4 级数: Beginner
编舞者: Racine Watts - February 2015
音乐: Burnin' Up (feat. Freeway) (Just Blaze Remix) - Faith Evans



S1: Side rock, cross & cross (cross shuffle)

1, 2 Rock R to right side, recover on L
3 & 4 Cross R over L, step L to left side, cross R over L

S2: Side rock, cross & cross

5, 6 Rock L to left side, recover on R
7 & 8 Cross L over R, step R to right side, cross L over R

S3: Step, step, run up

1, 2 Step R, step L,
3 & 4 step R, step L, step R

S4: Mambo forward, mambo backward (salsa basic)

5 & 6 L step forward, recover weight back onto R, close step L next to R
7 & 8 R step forward, recover weight back on L, close step R next to L

S5: Rock recover, triple ½ turn

1, 2 L step forward, recover on R
3 & 4 Half turn over left shoulder (step L, R, L)

S6: Body roll, step, body roll, touch

5, 6 Place R forward as you commence body roll
(Focus is on hip movement - hips forward, relax knees as the hips go backwards and straighten up) weight finishes with step on L
7, 8 Repeat body roll end with touch with L

S7: Back lock, step, back lock, step,

1 & 2 Step diagonally back on L, cross R over L, step L
3 & 4 Step diagonally back on R, cross L over R, step R

S8: Back lock, step, slide

5 & 6 Step diagonally back on L, cross R over L, step L
7-8 Slide R to the right, close step L next to R

Repeat and Enjoy

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