

Burn It Up

COPPER KNOB
STEPPERS

拍数: 32 墙数: 2 级数:
编舞者: Ema Ambunsuri (INA) - May 2017
音乐: BURNITUP! (feat. Missy Elliott) - Janet Jackson



Start after 16 counts.....

SESSION 1. WALK, HEEL, SHOULDER UP, HEEL, SHOULDER UP

1-2-3-4. Walk R-L-R-L
5 - 6. Heel R - Shoulder L Up
7 - 8. Heel L. - Shoulder R Up

SESSION 2. BACKWARD, HEEL, HEEL, HEEL, FORWARD, BODY ROLL

1-2-3-4. Backward R-L-R-L
5 & 6. R Heel Forward - In Place R -.L Heel Forward
7 & 8. R Heel Forward - Push Shoulders Forward, Body Roll Down

RESTART During WALL 2 & During WALL 4

SESSION 3. CROSS BACK, CROSS BACK, STEP TOUCH TO SIDE, (TURN 1/4 LEFT) STEP TOUCH TO SIDE, (TURN 1/4 LEFT) STEP TOUCH TO SIDE, (TURN 1/4 LEFT) STEP TOUCH TO SIDE.

1 - 2 Cross Back R - In Place R
3 - 4 Cross Back L - In Place L
5 - 6 Step Touch To Side R - (Turn 1/4 Left) Step Touch To Side
7 - 8 (Turn 1/4 Left) Step Touch To Side R, (Turn 1/4 Left) Step Touch To Side R

SESSION 4. DIAGONAL SLIDE. SHOULDER UP ,DOWN,UP, DIAGONAL SLIDE, SHOULDER UP DOWN,UP

1 - 2 Slide To Diagonal R, Close L
3 & 4 Shoulder Up - Down - Up
5 - 6 Slide To Diagonal L, Close R
7 & 8 Shoulder Up - Down - Up

TAG : 3 WALLS. AFTER WALL 13..

SLIDE TO SIDE ,SHOULDER UP , DOWN, UP, SLIDE TO SIDE, SHOULDER UP , DOWN, UP

1 - 2 Slide To Side R, Close L
3 - 4 Shoulder Up - Down - Up
5 - 6 Slide To Side L - Close R
7 - 8 Shoulder Up - Down - Up, Turn 1/4 Left.

Contact: ema.ambunsuri@gmail.com