

# Burden

拍数: 54      墙数: 2      级数: Phrased Advanced  
编舞者: Shane McKeever (N.IRE) - June 2019  
音乐: Burden - Keith Urban



Sequence: AAB AB Tag1 A Tag2 B Tag1 AA

## Part A: 20c

### [1-8] Walk x2, Step ¼ Turn Side, Behind, Side, Cross Rock, Side Cross

1,2,3      Step Lf Fwd , Hold, Step Rf Fwd,  
4&5      Step Lf Fwd, ½ Turn R transferring weight to Rf (6.00), ¼ Turn R stepping Lf To L Side (9.00)  
6&7&      Cross Rf behind Lf, Step Lf to L Side, Cross Rock Rf over Lf, Recover on to Lf  
8&      Step Rf to R Side, Cross Lf over Rf

### [9-16] Nightclub Basic, Sway x3, Cross Rock, ¾ Runaround

1,2&      Big step with Rf to R Side, Close Lf next to Rf, Cross Rf in front of Lf  
3,4,5      Step Lf to L Side swaying Body L, Sway body R, Sway Body L  
6&      Cross Rock Rf over Lf , Recover on Lf  
7&8&      Making ¼ Turn R step Rf Fwd (12.00) continue with a Curving Runaround making a further ½ Turn stepping, L, R, L (6.00)

### [17-20] Sweep, Cross, ¼ Turn L Stepping Back, ¼ Turn L Stepping Forward, ½ turn Together

1,2,3      Step Rf Fwd Sweeping Lf from Back to Front, Cross Lf over Rf, Making a ¼ Turn L Step Rf Back (facing 3.00)  
4&      Making ¼ Turn L (facing 12.00) Step Lf Fwd, make a ½ Turn L bring feet together (facing 6.00)

## Part B: 34c

### [1-9] Sweep, Cross, Side, Back Rock, Recover, ½ Turn L Stepping Lf to Side, Cross Side Behind with Sweep, Behind Side Forward Step to R Diagonal

1,2&3      Step Lf fwd sweeping RF from back to front, Cross Rf in front of Lf, Step Lf to L Side, Rock Rf back to diagonal (body facing 1.30)  
4&5      Recover weight on to Lf, Making ¼ Turn L Step back on Rf (Facing 9.00) Making ¼ Turn L Step Lf to L Side (facing 6.00)  
6&7      Cross Rf in front of Lf, Step Lf to L Side, Cross Rf behind Lf sweeping Lf from front to Back  
8&1      Cross Lf behind Rf, Step Rf to R Side, Step Lf fwd to R Diagonal (facing 7.30)

### [10-16] 1 1/2 Turns L, Walk Forward x3, Rock, Recover, Walk Back x2

2&3      Turning to the L make a ½ Turn stepping back on Rf, make a ½ Turn Stepping forward on the Lf, Make a ½ Turn Stepping back in the Rf (facing 1.30)  
4,5,6      Walk Forward Lf, Rf, Lf  
7&8&      Rock Rf fwd, Recover on to Lf, Walk back on Rf walk back on Lf

### [17-25] 1/8 Turn with a Sweep, Behind, Side Rock, Behind, Forward with ¼ Turn, Pivot ½ Turn, Full Turn, Step ¼ Turn Cross

1,2      Step back on to Rf sweeping Lf from front to back making 1/8 turn squaring up to 12.00, cross Lf behind Rf  
3&4&      Rock Rf to R Side, Recover on to Lf, Cross Rf behind Lf, making ¼ Turn L step Lf Fwd (facing 9.00)  
5,6&      Step Rf Fwd making ½ Turn L (facing 3.00), transfer weight on to Lf, Make ½ Turn L stepping back on Rf  
7,8&1      Make ½ Turn L stepping Lf Fwd, Step Lf Fwd, ¼ Turn L, Cross Rf confront of Lf

**[26-34] Sway x2, ½ Diamond, Nightclub Basic, ¼ Turn Step Forward, Step 3/4 Turn**

- 2& Sway body L, Sway Body R  
3,4& Big step with Lf, making 1/8 Turn R step back on Rf, Step back on Lf (facing 1.30)  
5,6& Making 1/8 Turn R take a big step to R, making 1/8 Turn R Step Lf Fwd, Step Rf Fwd (facing 4.30)  
7,8&1 Making 1/8 Turn R take a big step L with Lf, Rock Rf back, making ¼ R step Rf Fwd (facing 9.00)  
2& Step LF Fwd, make ¾ Turn R ( facing 6.00)

**Tag1**

**[1-12] Sway x2, ½ Diamond, Nightclub Basic, ¼ Turn Step Forward, Step 3/4 Turn**

- 3,4 Sway body L, Sway Body R  
5,6& Big step with Lf, making 1/8 Turn R step back on Rf, Step back on Lf (facing 1.30)  
7,8& Making 1/8 Turn R take a big step to R, making 1/8 Turn R Step Lf Fwd, Step Rf Fwd (facing 4.30)  
1,2&3 Making 1/8 Turn R take a big step L with Lf, Rock Rf back, making ¼ R step Rf Fwd (facing 9.00)  
4& Step LF Fwd, make ¾ Turn R ( facing 6.00)

**Tag2**

**[1-4] Walk Around ½ Turn**

- 1,2,3,4 Making a semi-circle walk around to your L stepping Lf, Rf, Lf, Rf (facing 6.00)
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