

Burden

拍数: 64 墙数: 2 级数: Improver
编舞者: Sally Hung (TW) - September 2021
音乐: Burden (부담) - Baek Ji Young (백지영)



Sequence of dance:

Tag1 after finishing Wall 2, facing 12:00
Tag2 after finishing Wall 4, facing 12:00
Tag3 after finishing Wall 6, facing 12:00
Tag2 after finishing S4 of Wall 7, facing 6:00
Intro: 16 counts

Tag1 (4 counts):

Make your own pose hold for 4 counts

Tag2 (32 counts)

1- 4 Vine R with touch
Step R to R, cross step L behind R, step R to R, touch L beside R
5 - 8 Vine L with touch
Step L to L, cross step R behind L, step L to L, touch R beside L
9 -12 Diagonal Fwd vine R with touch
Side step R to R diagonal fwd (1:30), cross step L behind R, side step R fwd, touch L beside R,
13- 16 Diagonal Back Vine L with touch
Side step L to L diagonal back (7:30), crossed step R behind L, side step L backward, touch R beside L
17 - 20 1/8 R Cross, point, cross, point
1/8 R square R back to 12:00 crossing over L, touch L to the L, cross step L over R, touch R to the R
21 - 24 Back, point, back, point
Step back R behind L, touch L to the L,
Step back L behind R, touch R to the R
25 - 28 Kick ball change x 2
Kick R fwd, step on ball of R, step L in place, repeat again
29 - 32 Out out in in
Step out R fwd to R, step L to L (shoulder width), step R back to the center, step L together

Tag3 (32 counts)

1 - 4 Walk, hold, walk, hold
Walk fwd on R, hold, walk fwd on L, hold
5 - 8 Walk, hold, Together, hold
Walk fwd on R, hold, step L together, hold
9 - 12 Slow Side Rock, Together, hold
Rock R to R slowly for two counts, step R together, hold
13 - 16 Mirror steps of 5 - 8
17 - 20 Back, hold, Back, hold
Step back On R, hold, step back on L, hold
21 - 24 Touch behind, Unwind full turn
touch R behind L, unwind full turn L transferring weight to L
25 - 32 Mirror steps of 9 - 16

Main Dance(64 counts)

S1. (Point out, Point Together, Big step, Drag) R,L

1,2,3,4 Touch R to R, touch R together, big step R to R, drag L towards R
5,6,7,8 Mirror step of 1-4

S2. CHASSE R, Back Rock, Recover, CHASSE L, Back Rock, Recover

1&2,3,4 Step R to R, step L together, step R to R, cross step L behind R, recover onto R
5&6,7,8 Mirror step of 1-4

S3. Charleston step, ¼ Turn R Charleston step

1,2,3,4 Step R fwd, kick L fwd, step back on L, touch R together
5,6,7,8 ¼ R Stepping R fwd, Kick L fwd, Step back on L, touch R together

S4. Jazz Box, Jazz Box w/ ¼ Turn R

1,2,3,4 Cross step R over L, step back on L, step R to R, step L fwd
5,6,7,8 ¼ Turn R stepping R over L, step back on L, step R to R, step L fwd

S5. Vine R w/ Touch, Vine L w/ Touch (with shoulder shimmy)

1,2,3,4 Step R to R, cross step L behind R, step R to R, touch L together (with shoulder shimmy)
5,6,7,8 Mirror step of 1-4

S6. Fwd, Hitch, Coaster Step, Fwd, Pivot ½ Turn L, Walk, Walk

1,2,3&4 Step R fwd, hitch L fwd, step back on L, step R together, step L fwd
5,6,7,8 Step R fwd, Pivot ½ turn L, walk fwd on R-L

S7. Fwd, Hitch, Coaster Step, Fwd, Pivot ½ Turn R, Walk, Walk

Repeat S6

S8. Cross Mambo x2, Point Across, Side Point, Point Across, Hitch & Clap

1&2 Rock R across L, recover onto L, Rock R to side
3&4 Rock L across R, recover onto R, Rock L to side
5,6,7,8 Touch R across L, Touch R to R, Touch R across L, Hitch R and clap

Happy dancing!

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