

Burn Out

拍数: 48 墙数: 4 级数: Intermediate
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音乐: Baila - Jennifer Lopez



KICK BALL BACK, KICK BALL BACK, ROLLING VINE RIGHT

1&2 Kick right forward, step back on ball of foot, step back on left
3&4 Repeat counts 1&2
5-8 Full turn to right over right shoulder stepping on right, left, right, touch left next to right

KICK BALL BACK, KICK BALL BACK, ROLLING VINE LEFT

1&2 Kick left forward, step back on ball of foot, step back on right
3&4 Repeat counts 1&2
5-8 Full turn to left over left shoulder stepping on left right, left, touch right next to left

RIGHT & LEFT SHUFFLE FORWARD, ROCK RECOVER, FULL TURN OVER RIGHT SHOULDER

1&2 Step forward on right, close left to right, step forward on right
3&4 Step forward on right, close right to left, step forward on left
5-6 Rock forward on right, rock back on left
7-8 Step back on right making ½ turn over right shoulder, step forward on left making ½ turn continuing to turn right

RIGHT & LEFT SHUFFLE BACK ROCK RECOVER, FULL TURN OVER LEFT SHOULDER

1&2 Step forward on left, close right to left, step forward on left
3&4 Step forward on left, close left to right, step forward on right
5-6 Rock forward on left, rock back on right
7-8 Step back on left making ½ turn over left shoulder, step forward on right making ½ turn continuing to turn left

FORWARD KICK, WALK BACK BALL CHANGE WALK

1-4 Walk forward on right, left, right, kick left foot 45 degrees forward
5-7 Step back on left, right, left
&8 Step back on right foot and step forward on left foot

BOX STEP WITH ¼ TURN RIGHT, KNEE POPS

1-4 Cross right over left, step left foot straight back, step right foot ¼ to right, step left foot slightly to side of right
5 Bend right knee in towards left, keeping left leg straight
6 Straighten right leg & bend left knee in towards right
7 Straighten left leg & bend right knee in towards left
& Straighten right leg & bend left knee in towards right
8 Straight left leg & bend right knee in towards left

REPEAT