I'm Burnin' Up



拍數: 100 牆數: 2 級數: Phrased Advanced

編舞者: Neville Fitzgerald (UK) & Julie Harris (UK) - October 2014

音樂: Burnin' Up (feat. 2 Chainz) - Jessie J: (iTunes)



Starts after 32 Counts from beginning of track. - Dance Starts Facing Left Side Wall (9:00) Sequence.. A Tag B A 32 counts of B (with step change) B A B (with step change) B

Part A - 36 counts

A1: Walk, Hold, Walk, Hold, Step, 1/2, Step, Hold 1-2 Step forward on Right, Hold.

3-4 Step forward on Left, Hold.

Step forward on Right, pivot 1/2 turn to Left.

7-8 Step forward on Right, Hold.

A2: Walk, Hold, Rock, Recover, Back, 1/2, Step, Hold.

1-2 Step forward on Left, Hold.

3-4 Rock forward on Right, recover on Left.

5-6 Step back on Right, make 1/2 turn to Left stepping forward on Left.

7-8 Step forward Right, Hold.

A3: Rock Step, Shuffle 1/2, Rock Step, Shuffle 3/4.

1-2 Rock forward on Left, recover on Right.

3&4 Make 1/4 turn to Left stepping Left to Left side, step Right next to Left, 1/4 turn Left stepping

forward on Left.

5-6 Rock forward on Right, recover on Left.

7&8 Make 1/4 turn to Right stepping Right to Right side, 1/4 turn Right stepping Left next to Right,

1/4 turn Right stepping forward on Right.

A4: Rock Step, Back, 1/2, Step, 1/2, Walk, Walk.

1-2 Rock forward on Left, recover on Right.

3-4 Step back on Left, make 1/2 turn to Right stepping forward on Right.

5-6 Step forward on Left, pivot 1/2 turn to Right.

7-8 Walk forward Left-Right.

A5: Forward Rock, Back Rock.

1-2 Rock forward on Left, recover on Right.3-4 Rock back on Left, recover on Right.

Part B (starts at 12.00) 64 counts

B1: Step, Lock & Step, Behind 1/4 Side, Back Rock, Hitch & Cross.

1 Step Left forward diagonal Left.

Lock Right behind Left, step Left forward diagonal Left, step Right forward diagonal Right.

4&5 Cross step Left behind Right, make 1/4 turn to Right stepping forward on Right, step Left to

Left side.

6-7 Rock back on Right, recover on Left.

8&1 Hitch Right knee, step Right to Right side, cross step Left over Right.

B2: Hold & Cross & Cross, 1/4, 1/4, Step 1/4.

2&3 Hold, step Right to Right side, cross step Left over Right.

&4 Step Right to Right side, cross step Left over Right.

5-6 Make 1/4 turn to Right stepping forward on Right, 1/4 turn Right stepping Left next to Right.

7-8 Step forward on Right, 1/4 turn Left stepping Left next to Right.

B3: Back, Back	, Sailor 1/4, Rock Step, & Walk, Walk.
1-2	Step back on Right, step back on Left.
3&4	Cross step Right behind Left, make 1/4 turn to Right stepping Left next to Right, step forward Right.
5-6	Rock forward on Left, recover on Right.
&7-8	Step Left next to Right, walk forward Right-Left.
B4: Cross, 1/8, Back, Behind, 1/8 Side, Step, Rock Step, Back, 1/2.	
1&2	Cross step Right over Left, make 1/8 turn to Right stepping back on Left, step back on Right.
3&4	Cross step Left behind Right, make 1/8 turn to Right stepping Right to Right side, step forward on Left.
5-6	Rock forward on Right, recover on Left.
7-8	Step back on Right, make 1/2 turn to Left stepping forward on Left. *TR1*
B5: Side, Hold, & Cross Side, Back, Hold, & Walk, Walk.	
1-2	Step Right to Right side, Hold.
&3-4	Step Left next to Right, cross step Right over Left, step Left to Left side.
5-6	Step back on Right, Hold.
&7-8	Step Left next to Right, Walk forward Right-Left.
B6: Side, Hold, & Side, Cross, Sway, Sway, Sway, Sway.	
1-2	Step Right to Right side, Hold.
&3-4	Cross step Left behind Right, step Right to Right side, cross step Left over Right.
5-6	Step Right to Right side swaying to Right, sway to Left taking weight on Left.
7-8	Sway to Right taking weight on Right, sway to Left taking weight on Left.
B7: Cross, Hold, & Together, Cross, Side, Hold, Together, Cross, 1/4.	
1-2	Cross step Right over Left, Hold.
&3-4	Step Left to Left side, step Right next to Left, cross step Left over Right.
5-6	Step Right to Right side, Hold.
&7-8	Step Left next to Right, cross step Right over Left, make 1/4 turn to Left stepping forward on Left.
B8: Step, Hold, & Rock, Recover, Back, Back, Together.	
1-2	Step forward on Right, Hold
&3-4	Step Left next to Right, rock forward on Right, recover back on Left. *TR2**
5-6	Walk back on Right - Left.
7-8	Walk back on Right, step Left next to Right.
Tag:□16 Counts To Be Danced Once After First A Pattern	
1	Step Left forward diagonal Left.
2&3	Lock Right behind Left, step Left forward diagonally Left, step Right forward diagonal Right.
4	Hold
5-8	Tap Right heel 5-6-7-8 taking weight on 8
1	Step Left forward diagonal Left.
2&3	Lock Right behind Left, step Left forward diagonally Left, step Right forward diagonal Right.
4	Hold
5-8	Tap Right heel 5-6-7-8 taking weight on 8

TR1 □Change of Step & Restart During Second B Pattern..

Dance Up To & Including Count 4 (28) Section 4 Part B... Then Add...

5-6 Rock forward on Right, recover on Left.

&7-8 Step back on Right, make 1/2 turn to Left stepping forward Left, step forward on Right.

*TR2**□Change of Step During Fourth B Pattern..

Dance Up To & Including Count 4 (60) Section 8 Part B.. Then Add...

5-6 Make 1/2 turn to Right stepping forward on Right, 1/2 turn to Right stepping back on Left.

7-8 1/4 turn to Right stepping Right to Right side, touch Left next to Right.

Note: The First A Pattern Will Be Slightly Faster Than The Other A's