

B-Burns

拍數: 52 牆數: 2 級數: Improver
編舞者: Ivan Casarotto (IT) - February 2015
音樂: Powerful Stuff - Rascal Flatts



[1-8] □ KICK BALL CROSS, CHASSE, ¼ SAILOR STEP, SHUFFLE

1&2 kick right fwd, step right beside left, cross left over right
3&4 triple step to right (right, left, right)
5&6 sailor ¼ left [9]
7&8 shuffle right forward

[9-16] □ SWAY, BEHIND SIDE CROSS, ROCK STEP & HEEL

1-2 rock step to left with sway left, sway right
3&4 step left behind right, step right to right, cross left over right
5-6 rock step right forward, recover on left
&7&8 (&)step right back (7)touch left heel forward (&) recover left (8) touch right beside left

[17-24] □ POINT x 2, HEEL JACK, CROSS SHUFFLE, ½ TURN, STEP

1&2 (1)point right to right (&)¼ turn left hitching right (2) point right to right [6]
3&4 step right cross left, step left back, heel right forward
&5&6 recover right back, step left cross right, step right to right, step left cross right
7-8 step right to right turning ½ left, step left to left [12]

[25-32] □ STEP, FLICK, CHASSE, POINT, TURN

1-2 Long step right to right, flick left behind right
3&4 chasse left to left
5-6 point right behind left, ½ turn right (weight on right)
7-8 rock step left forward, recover right

[33-40] □ TRIPLE TURN, FULL TURN, HEEL SWITCH, STEP, ¼ TURN HEELS LIFT

1&2 ½ turn left with left, right, left
3-4 full turn left stepping right back, forward left
5&6 heel right forward, recover back, heel left forward
&7&8 (&) recover left back (7)step right forward (&)lift heels turning ¼ left (8)heels down

[41-48] □ SAILOR, ¼ SAILOR, STEP TURN, FULL TURN, STEP

1&2 left sailor step
3&4 ¼ sailor right
5-6 step left forward, turn right [6]
7&8 (7)turn ½ right stepping left back (&) turn ½ right stepping right forward (8) step left forward

Restart here on wall 2

[49-52] □ STEP, HOLD, SWAY, FLICK

1-2 stomp right on right, hold
3-4& (3)sway right, (4)sway left, (&)flick right behind left

START AGAIN

Restart: On wall 2 after 48 counts (faced 12:00)

Contact: daven@libero.it

