

Burden Down

拍數: 32 牆數: 4 級數: Newcomer
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音樂: Burden Down - Micar



Clockwise - Motion: Funky

[1 – 8] Walk R/L/R, Touch L /w Clap, Step Back L, Touch R, Step Back R, Touch L

1 2 RF step fwd, LF step fwd
3 4 RF step fwd, LF Touch next to RF /w Clap
5 6 LF Step diagonally Back, RF touch behind LF /w Snap
7 8 RF Step diagonally Back, LF touch behind RF /w Snap

[9 – 16] Rolling Vine L 1 ¼ turn, Fist Pump Down, get up and Snap

1 2 ¼ turn L LF step fwd, ½ turn L RF step back
3 4 ½ turn L LF step fwd, RF touch R
5 RF slide R move right fist down
6 7 8 RF Slide back up, Snap on Count 8

[17 – 24] Mashed Potatoes, Sailor Step, Sailor Turn ¼ L

1 2 RF Step Back, Toes of LF turned out, LF Step Back, Toes of RF turned out
3 4 RF Step Back, Toes of LF turned out, LF Step Back, Toes of RF turned out
5 & 6 RF cross behind LF, LF step to L, RF step R
7 & 8 LF cross behind RF /w ¼ turn L, RF step R, LF step L

(Alternative Steps for Counts 1 – 4: Walk Backwards R-L-R-L)

[25 – 32] Out-Out L/R, Step Back, ¼ turn L touch, SStep L, Slide, Hip bump, Touch

1 2 RF Step diagonally fwd, LF step diagonally fwd
3 4 RF step back, ¼ turn L and LF touch next to RF
5 6 LF big step L, RF slide next to LF
7 8 RF touch forward /with Hip fwd, RF touch next to LF

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