

# Burden Down

COPPER KNOB  
BY STEPHEN T. S.

拍數: 32      牆數: 4      級數: Newcomer  
編舞者: Frank David Buchmann (DE), Eva Rothbauer, Kirsten Netzer, Lucas Hein,  
Viktoria Schöpf & Thea Seeberger - May 2018  
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

Contact: [FDBuchmann@gmail.com](mailto:FDBuchmann@gmail.com)