

Burden

拍數: 54 牆數: 2 級數: Phrased Advanced
編舞者: Shane McKeever (N.IRE) - June 2019
音樂: Burden - Keith Urban



Sequence: AAB AB Tag1 A Tag2 B Tag1 AA

Part A: 20c

[1-8] Walk x2, Step ¾ Turn Side, Behind, Side, Cross Rock, Side Cross

1,2,3 Step Lf Fwd , Hold, Step Rf Fwd,
4&5 Step Lf Fwd, ½ Turn R transferring weight to Rf (6.00), ¼ Turn R stepping Lf To L Side (9.00)
6&7& Cross Rf behind Lf, Step Lf to L Side, Cross Rock Rf over Lf, Recover on to Lf
8& Step Rf to R Side, Cross Lf over Rf

[9-16] Nightclub Basic, Sway x3, Cross Rock, ¾ Runaround

1,2& Big step with Rf to R Side, Close Lf next to Rf, Cross Rf in front of Lf
3,4,5 Step Lf to L Side swaying Body L, Sway body R, Sway Body L
6& Cross Rock Rf over Lf , Recover on Lf
7&8& Making ¼ Turn R step Rf Fwd (12.00) continue with a Curving Runaround making a further ½ Turn stepping, L, R, L (6.00)

[17-20] Sweep, Cross, ¼ Turn L Stepping Back, ¼ Turn L Stepping Forward, ½ turn Together

1,2,3 Step Rf Fwd Sweeping Lf from Back to Front, Cross Lf over Rf, Making a ¼ Turn L Step Rf Back (facing 3.00)
4& Making ¼ Turn L (facing 12.00) Step Lf Fwd, make a ½ Turn L bring feet together (facing 6.00)

Part B: 34c

[1-9] Sweep, Cross, Side, Back Rock, Recover, ½ Turn L Stepping Lf to Side, Cross Side Behind with Sweep, Behind Side Forward Step to R Diagonal

1,2&3 Step Lf fwd sweeping RF from back to front, Cross Rf in front of Lf, Step Lf to L Side, Rock Rf back to diagonal (body facing 1.30)
4&5 Recover weight on to Lf, Making ¼ Turn L Step back on Rf (Facing 9.00) Making ¼ Turn L Step Lf to L Side (facing 6.00)
6&7 Cross Rf in front of Lf, Step Lf to L Side, Cross Rf behind Lf sweeping Lf from front to Back
8&1 Cross Lf behind Rf, Step Rf to R Side, Step Lf fwd to R Diagonal (facing 7.30)

[10-16] 1 1/2 Turns L, Walk Forward x3, Rock, Recover, Walk Back x2

2&3 Turning to the L make a ½ Turn stepping back on Rf, make a ½ Turn Stepping forward on the Lf, Make a ½ Turn Stepping back in the Rf (facing 1.30)
4,5,6 Walk Forward Lf, Rf, Lf
7&8& Rock Rf fwd, Recover on to Lf, Walk back on Rf walk back on Lf

[17-25] 1/8 Turn with a Sweep, Behind, Side Rock, Behind, Forward with ¼ Turn, Pivot ½ Turn, Full Turn, Step ¼ Turn Cross

1,2 Step back on to Rf sweeping Lf from front to back making 1/8 turn squaring up to 12.00, cross Lf behind Rf
3&4& Rock Rf to R Side, Recover on to Lf, Cross Rf behind Lf, making ¼ Turn L step Lf Fwd (facing 9.00)
5,6& Step Rf Fwd making ½ Turn L (facing 3.00), transfer weight on to Lf, Make ½ Turn L stepping back on Rf
7,8&1 Make ½ Turn L stepping Lf Fwd, Step Lf Fwd, ¼ Turn L, Cross Rf confront of Lf

[26-34] Sway x2, ½ Diamond, Nightclub Basic, ¼ Turn Step Forward, Step 3/4 Turn

- 2& Sway body L, Sway Body R
3,4& Big step with Lf, making 1/8 Turn R step back on Rf, Step back on Lf (facing 1.30)
5,6& Making 1/8 Turn R take a big step to R, making 1/8 Turn R Step Lf Fwd, Step Rf Fwd (facing 4.30)
7,8&1 Making 1/8 Turn R take a big step L with Lf, Rock Rf back, making ¼ R step Rf Fwd (facing 9.00)
2& Step LF Fwd, make ¾ Turn R (facing 6.00)

Tag1

[1-12] Sway x2, ½ Diamond, Nightclub Basic, ¼ Turn Step Forward, Step 3/4 Turn

- 3,4 Sway body L, Sway Body R
5,6& Big step with Lf, making 1/8 Turn R step back on Rf, Step back on Lf (facing 1.30)
7,8& Making 1/8 Turn R take a big step to R, making 1/8 Turn R Step Lf Fwd, Step Rf Fwd (facing 4.30)
1,2&3 Making 1/8 Turn R take a big step L with Lf, Rock Rf back, making ¼ R step Rf Fwd (facing 9.00)
4& Step LF Fwd, make ¾ Turn R (facing 6.00)

Tag2

[1-4] Walk Around ½ Turn

- 1,2,3,4 Making a semi-circle walk around to your L stepping Lf, Rf, Lf, Rf (facing 6.00)
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