

Burp

拍數: 40 牆數: 4 級數: Improver
編舞者: Louis Francoeur
音樂: Life Is a Rollercoaster - Ronan Keating



STEP, TRIPLE, BACK, TRIPLE ½ TURN LEFT, TOUCH AND TOUCH

1 Step right foot forward
2&3 Step left foot forward, step right foot beside left, step left foot in place
4 Step right foot back
5&6 Triple step ½ turn left stepping left-right-left
7&8 Right toe touch right, step right beside left, left toe touch left

TOUCH, ½ LEFT, RIGHT SHUFFLE, TOUCH ACROSS, HOLD, ½ TURN RIGHT, ¼ TURN LEFT

1-2 Left toe touch behind, ½ turn left weight on left
3&4 Step right to right, step left next to right, step right to right
5-6 Left toe touch across right foot, hold
7-8 Turn ½ right on ball of both feet, turn ¼ turn left on ball of both feet

STEP, HOLD, STEP, STEP, HOLD, KICK AND TOUCH, ½ TURN RIGHT

1-2 Step right foot forward, hold
3-4 Step left foot forward, step right foot forward
5 Hold
6&7 Kick left foot forward, step left foot beside right, right toe behind
8 ½ turn right weight on right

STEP ½ RIGHT, STEP ¼ RIGHT, STEP, STEP, ROCK, RECOVER, 2 BUMPS

1-2 Step left turning ½ turn right, step right turning ¼ right
3-4 Step left foot forward, step right foot forward
5-6 Left rock step to left, recover weight onto right
7-8 Step left beside right while bumping left hip left, bump right hip right

JUMP BACK, CLAP, ¼ TURN LEFT JUMP BACK, CLAP, STEP, TRIPLE FULL TURN LEFT, STEP

&1-2 Step left behind, step right beside left, clap
&3-4 ¼ turn left step left behind, step right beside left, clap
5 Step left foot forward
6&7 Triple step full turn left stepping right-left-right
8 Step left foot forward

REPEAT

On last 4 times, place both hands on your belly and bend your back (like if you have a stomach ache after a roller coaster trip)