

Burden of a Man

COPPER **KNOB**
STEPSHEETS

拍數: 64 牆數: 4 級數: Phrased Beginner
編舞者: Tina Chen Sue-Huei (TW) - June 2011
音樂: Nan Ren Jiu Shi Lei (男人就是累) - Chinese DJ



Special thanks to Sue-Rong Yang and BM Leong.

Sequence of dance: B/A/A/A/Tag/B/B/A/A/Tag/A/A/Tag/B/B
Start the dance after 32 counts of hard beats.

A (32 counts.)

TOUCH, STEP, TOUCH, STEP, JAZZ BOX

- 1-2 Touch right toes to right side, step right heel down
- 3-4 Touch left toes to left side, step left heel down
- 5-6 Step right forward, cross left over right,
- 7-8 Step right back, step left to left side

TRIPLE 1/2 TURN L, BACK ROCK, TRIPLE 1/2 TURN R, BACK ROCK

- 1&2 Making 1/2 turn left, shuffle backward on RLR
- 3-4 Rock back on left, recover on right
- 5&6 Making 1/2 turn right, shuffle backward on LRL
- 7-8 Rock back on right, recover on left

RIGHT & LEFT FORWARD DIAGONAL LOCK STEPS

- 1-2 Step right forward to right diagonal , lock left behind right
- 3&4 Step right forward to right diagonal , lock left behind right, step right forward to right diagonal
- 5-6 Step left forward to left diagonal , lock right behind left
- 7&8 Step left forward to left diagonal , lock right behind left, Step left forward to left diagonal

FORWARD, PIVOT 1/2 TURN L, FORWARD SHUFFLE, 3/4 TURN R, CROSS SHUFFLE

- 1-2 Step right forward, pivot 1/2 turn left
- 3&4 Shuffle forward on RLR
- 5-6 1/2 turn right step left back, 1/4 turn right step right to right side
- 7&8 Cross shuffle on LRL

B (32 counts)

RIGHT LINDY, HEEL TOUCHES, HEEL & STEP

- 1&2 Right side shuffle on RLR
- 3-4 Cross left behind right, recover on right
- 5& Touch left heel forward, step left together
- 6& Touch right heel forward, step right together
- 7&8 Touch left heel forward, step left together, step right forward

FORWARD SHUFFLE X 2, STEP, PIVOT 1/2 TURN RIGHT, FORWARD SHUFFLE

- 1&2 Shuffle forward on LRL
- 3&4 Shuffle forward on RLR
- 5-6 Step left forward, pivot 1/2 turn right
- 7&8 Shuffle forward on LRL

RIGHT LINDY, HEEL TOUCHES, HEEL & STEP

- 1&2 Right side shuffle on RLR
- 3-4 Cross left behind right, recover on right
- 5& Touch left heel forward, step left together

6& Touch right heel forward, step right together
7&8 Touch left heel forward, step left together, step right forward

FORWARD SHUFFLE X 2, STEP, PIVOT 1/2 TURN RIGHT, FORWARD SHUFFLE

1&2 Shuffle forward on LRL
3&4 Shuffle forward on RLR
5-6 Step left forward, pivot 1/2 turn right
7&8 Shuffle forward on LRL

TAG: STEP, TOUCH, STEP, TOUCH,

1-2 Step right to right side, touch left together
3-4 Step left to left side, touch right together

Happy Dancing

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