How You Burlesque? (zh)

Count: 80 **Wall:** 4 **Level:** Advanced
Choreographer: Jean-Pierre Madge (CH) - 2011年03月
Music: Show Me How You Burlesque - Christina Aguilera

第一段 **Toe heel Cross X2, Side, Bumps R & Back, Swivel Right In.**

1&2 Touch right toe next left, touch right heel to right diagonal, cross right over left 右足趾併點, 右足踵右斜角前點, 右足於左足前交叉踏

&3&4 Touch left toe next right, touch left heel to left diagonal, cross left over right, step right to right side
左足趾併點, 左足踵左斜角前點, 左足於右足前交叉踏, 右足右踏

5&6& Bump hips to the right, back to the center, bump hips back, back to the center (feet are apart) 右推臀, 臀推回, 後推臀, 臀推回(雙腳分)

7&8 Swivel right heel to left, swivel right toe to left, swivel right heel to left 右足踵向左旋轉, 右足趾向左旋轉, 右足踵向左旋轉

第二段 **Modified Heel Grind R & L, Step, Kick & Kick & Kick Hitch Step**

1&2 Press right heel forward and turn 1/8 turn R, step left out, step right out 右轉45度右足踵前壓踏, 左足左前踏, 右足右前踏

&3&4 Press left heel forward and turn 1/8 turn L, step right out, step left out, step right forward
左轉45度左足踵壓踏, 右足右前踏, 左足左前踏, 右足前踏

5&6& Kick left forward, step next right, kick right forward, step right next left 左足前踢, 左足併踏, 右足前踢, 右足併踏

7&8 Kick left forward, hitch left knee up and step left out and slightly back 左足前踢, 左膝抬, 左足略後踏

第三段 **Cross, Back, Side, Bumps X2, Run Diagonal, Kick Hitch Kick Hitch 5/8 Turn R**

1-2 Cross right over left, left foot back 右足於左足前交叉踏, 左足後踏

3&4 Step right to right side and bump hips R, L, R releasing left foot to very low kick 右足右踏右推臀, 左推臀, 右推臀左足略低

&5&6 Step left forward to L diagonal, right forward, step left forward, kick right foot forward (10:30)
左足左斜角前踏, 右足前踏, 左足前踏, 右足前踢(面向10:30)

&7&8 ½ turn R hitching right knee, kick right foot forward (4:30) , 1/8 turn R hitching right knee, step right to right side (6 o'clock)
右轉180度右膝抬, 右足前踢(面向4:30), 右轉45度右膝抬, 右足右踏(面向6點鐘)

第四段 **Weave To The Right, Step Turn L X2, Touch Step, Coaster step.**

1&2 Step left foot behind right, step right to right side, step left across right 左足於右足後交叉踏, 右足右踏, 左足於右足前交叉踏

&3&4 Step right forward, ½ turn L onto left, step right forward, ½ turn L onto left 右足前踏, 左轉180度, 右足前踏, 左轉180度

5-6 Touch right toe forward, step right back, 右足趾前點, 右足後踏

7&8 Step left back, step right next left, step left foot forward
左足後踏, 右足併踏, 左足前踏

第五段 **Cross, Side, Cross, Step ¼ L, Step ½ Turn L, Bump X3**

1-2 Long step right foot across left, long step left to left side
右足於左足前交叉踏, 左足左一大步

3-4 Long step right foot across left, ¼ L and step left forward (3 o'clock) 右足於左足前交叉踏, 左轉90度左足前踏(面向3點鐘)

5-6 Step right forward, ½ turn L onto left (9 o'clock)
右足前踏, 左轉180度(面向9點鐘)

7&8 Step right to right side and bump hips R, L, R
右足右踏右推臀, 左推臀, 右推臀

****RESTART: ON 2nd wall after first 40 counts,(facing 6 o'clock):Shift weight to left on the & count to begin. This will begin your 3rd wall**
第二面牆跳至此(面向6點鐘), 重心移至左足, 從頭起跳

第六段 Cross & Kick & Cross & Kick &, Kick Cross Rock Back, Kick Cross Big Step Back

1&2& Cross left over right, step right to right side, kick left foot to left diagonal, step left next right
左足於右足前交叉踏, 右足右踏, 左足左斜角前踢, 左足併踏

3&4& Cross right over left, step left to left side, kick right to right diagonal, step right next left
右足於左足前交叉踏, 左足左踏, 右足右斜角前踏, 右足併踏

5&6& Kick left to left diagonal, cross left over right, rock **right** back, recover to **left** foot
左足左斜角前踢, 左足於右足前交叉踏, 右足後下沉, 左足回復

7&8 Kick right to right diagonal, cross right over left, big step back on left 右足右斜角前踢, 右足於左足前交叉踏, 左足後一大步

***TAG/RESTART: ON 1st wall after first 48 counts (facing 9 o'clock)**
第一面牆跳至此(面向9點鐘), 加下列4拍

1-4 Snap your finger 4 times and drag right foot next to left without weight ! Then restart. facing 9 o'clock. This will begin your 2nd wall.
彈指4次且右足拖併, 面向9點鐘從頭起跳

第七段 Out-Out, In-In, Roll Hips X2

&1&2 Step right out, step left out, step right in, step left in
右足右前踏, 左足左前踏, 右足回踏, 左足回踏

3-4 Roll hips counter clockwise 2x 逆時針轉臀二次

&5&6 Step right out, Step left out, Step right in, Step left in
右足右前踏, 左足左前踏, 右足回踏, 左足回踏

7-8 Roll hips counter clockwise 2x 逆時針轉臀二次

第八段 Rocking chair, Lock Step Forward, Step ½ Turn R, Step ½ Turn R

&1&2 Rock right forward, recover onto left, rock right back, recover on left 右足前下沉, 左足回復, 右足後下沉, 左足回復

3&4 Step right forward, lock left foot behind right, step right foot forward 右足前踏, 左足於右足後鎖踏, 右足前踏

5-6 Step left forward, ½ turn R on to right 左足前踏, 右轉180度

7-8 Step left forward, ½ turn R on to right 左足前踏, 右轉180度

第九段 Kick X2, Behind side cross, Kick X2, Behind Side Cross

1-2 Kick left to L diagonal x2 左足左斜角前踢二次

3&4 Step left behind right, step right to right side, cross left over right 左足於右足後交叉踏, 右足右踏, 左足於右足前交叉踏

5-6 Kick right to R diagonal x2 右足右斜角前踢二次

7&8 Step right behind left, step left to left side, cross right over left
右足於左足後交叉踏, 左足左踏, 右足於左足前交叉踏

第十段 Modified Rocking chair, Lock Step Back, ½ Turn R, Step ½ Turn R, Step

&1&2 Rock left back, recover on right foot, rock left forward, recover on right foot 左足後下沉, 右足回復, 左足前下沉, 右足回復

3&4 Step left back, lock right foot over left, step left back
左足後踏, 右足於左足前鎖踏, 左足後踏

5-6 ½ turn R stepping forward on to right, step left forward
右轉180度右足前踏, 左足前踏

7-8 ½ turn R on to right, step left foot forward (9 o'clock)
右轉180度右足踏, 左足前踏(面向9點鐘)

*****TAG: END of 3rd wall (facing 3 o'clock)**
第三面牆結束(面向3點鐘)時加20拍

Cross, Back, Side, Cross, Back, Side, Cross, Back

1-2 Cross right foot over left, step left back
右足於足前交叉踏, 左足後踏

3-4 Step right to right side, cross left over right
右足右踏, 左足於右足前交叉踏

5-6 Step right back, step left foot to left side
右足後踏, 左足左踏

7-8 Cross right over left, step left foot back
右足於左足前交叉踏, 左足後踏

Touch Back, Step, Step ½ Turn R, Touch Forward, Back, Touch Back, ½ Turn R

1-2 Touch right toe back, step right foot forward
右足趾後點, 右足前踏

3-4 Step left foot forward, ½ turn R onto right
左足前踏, 右轉180度

5-6 Touch left toe forward, step left foot back
左足趾前點, 左足後踏

7-8 Touch **right** toe back, ½ to right and step right forward
右足趾後點, 右轉180度右足前踏

Out Out, Body Roll

1-2 Step left out, step right out 左足左前踏, 右足右前踏

3-4 Body roll from head to feet (weight on left)
身體由頭擺動到腳(重心在左足)

Begin 4th wall. Song ends at end of 4th wall facing 12 0'clock
音樂在第四面牆結束時, 面向12點鐘結束