Keep It Burnin' (樂此不疲) (zh)

拍數: 32 **牆數:** 4 **級數:** Intermediate

編舞者: John Robinson (USA) & Craig Bennett (UK)

音樂: Keep The Fire Burning - Beverly Knight

前奏： on vocals 唱歌起跳

第一段 **WALK, WALK, BALL-STEP TURNING ¼ RIGHT, CROSS SYNCOPATED VINE RIGHT, LOOK LEFT, LOOK RIGHT WITH ¼ TURN RIGHT**
走, 走, 右轉1/4原地踏, 右交叉變奏華士步, 左看, 右看右轉1/4

1-2 Left step forward, right step forward
左足前踏, 右足前踏

&3-4 Pivot ¼ right (to 3:00) stepping left ball of foot side left, right step next to left/slightly back, left step across right
右轉90度(面向3點鐘)左足掌左踏, 右足略後併踏, 左足於右足前交叉踏

5&6 Right step side right, left step behind right, right step side right 右足右踏, 左足於右足後踏, 右足右踏

7-8 Sway hips left/turn head to look left (to 12:00), sway hips right into ¼ turn right (6:00)/turn head to look towards 6:00
臀部搖向左/頭向左看(12點鐘),右轉90度臀部搖向右/頭向右前看(6點鐘)

第二段 **STEP ¼ TURN RIGHT, RIGHT SAILOR STEP, LEFT SAILOR STEP, STEP FORWARD, KNEE LIFT (FIGURE 4)**
踏右轉1/4, 右水手步, 左水手,步前踏, 膝蓋抬起(像數字4)

1 Pivot ¼ right (9:00) stepping left side left
右轉90度(9點鐘)左足左踏

2&3 Right step ball of foot behind left, left step ball of foot side left, right step forward 右足於左足後踏, 左足左踏, 右足前踏（水手步）

4&5 Left step ball of foot behind right,right step ball of foot side right, left step forward 左足於右足後踏, 右足右踏, 左足前踏（水手步)

6-7 Right step forward, left knee lift into figure 4 position, tucking foot behind right calf 右足前踏, 左足膝蓋抬起成數字4的位置, 收左足在右小腿後

第三段 **SYNCOPATED FULL TURN WITH RONDE, SAILOR STEP, KNEE ROLL STEPS OUT, OUT, BACK, COASTER STEP**
變奏旋繞轉圈, 水手步, 左右各向外轉膝蓋, 後, 海岸步

8&1 Pivot ½ left (3:00) stepping left forward, pivot ½ left (9:00) stepping right back, sweep left foot out and around to the left (ronde)
左轉180度(3點鐘)左足前踏, 左轉180度(9點鐘)右足後踏, 左足由左旋繞

2&3 Left step ball of foot behind right, right step ball of foot side right, left step forward 左足於右足後踏, 右足右踏, 左足前踏（水手步）

4-5-6 Right step forward and out side right, rolling knee, left step out side left, rolling knee, right step back
右足膝蓋旋轉向右踏, 左足膝蓋旋轉向左踏, 右足後踏

7&8 Left step ball of foot back, right step ball of foot next to left, left step forward 左足後踏, 右足併踏, 左足前踏（海岸步）

第四段 **SYNCOPATED SIDE POINTS RIGHT & LEFT & RIGHT HITCH-CROSS, BACK, SIDE, CROSS, RIGHT SIDE SHUFFLE**
變奏右側點, 左側點, 右抬-交叉, 後, 側, 交叉, 右側交換步

1&2&	Right toe touch side right, right step home/slightly forward, left toe touch side left, left step home/slightly forward 右足趾右點, 右足前輕踏, 左足趾左點, 左足前輕踏
3&4	Right toe touch side right, right knee hitch, right step across left 右足趾右點, 右足膝蓋抬起, 右足於左足前交叉踏
5&6	Left step back, right step side right/slightly back, left step across right 左足後踏, 右足略右後踏, 左足於右足前交叉踏
7&8	Right step side right, left step next to right, right step side right 右足右踏, 左足併踏, 右足右踏