We Be Burnin'

級數: Improver



拍數: 32

牆數:4

編舞者: Bryan McWherter (USA)

音樂: We Be Burnin' - Sean Paul

STEP ROCK STEPS TO THE SIDES 4X

- 1&2 Step right foot forward, rock left foot back at a left diagonal, recover weight back onto the right
- 3&4 Step left foot forward, rock right foot back at a right diagonal, recover weight back onto the left
- 5-8 Repeat steps 1-4

BRUSH CROSS, BACK, BACK, CROSS BACK SIDE TWICE, CROSS, BRUSH, LUNGE

- &1 Brush right foot to the right in a forward motion about shoulder width apart from your left, step right foot across left
- 2-3 Step back and out with left foot, step right foot back and out
- 4&5 Cross step left in front of right, step right foot next to left, step left foot back and out
- 6&7 Cross step right in front of left, step left foot next to right, step right foot back and out
- 8&1 Cross step left in front of right, brush sole of right foot on floor to right about shoulder width apart, slightly lunge out to right side

RECOVER, TOGETHER, ¼ SHUFFLE, STEP ½ TURN, SHUFFLE

- 2-3 Recover weight back to left foot, step right foot next to left
- 4&5 Step left foot to left side, step right foot next to left, step left foot forward making a ¼ turn left
- 6-7 Step forward onto right, make a ½ turn pivot to left keeping weight back on right
- 8&1 Step left foot forward, step right foot slightly behind left, step left foot forward

MAMBO, STEP, HIP CIRCLES

- 2&3 Rock forward onto right foot, recover weight back to left, step right next to left
- 4 Step left next to right
- 5&6& Keeping weight on left and using the ball of your right foot to get around
- 7&8& Make a ¹/₂ turn left making small hip circles in a to the left pattern

REPEAT