

Burnin Up

拍數: 64 牆數: 4 級數: Intermediate
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音樂: Burning Up - Ne-Yo



Starts After 32 Counts - Start With Feet Shoulder Width Apart & Weight Even

1/4 Twist, Rock & Cross, Step, 1/2 Pivot, Step, 1/2 Pivot, Step.

- 1 Make 1/4 turn to Left swivelling both heels to the Right. (Turn is on the spot & weight transfers to Left)
- 2&3 Rock Right to Right side, recover on Left, cross step Right over Left.
- 4-5 Step forward on Left, pivot 1/2 turn to Right.
- 6-7 Step forward on Left, pivot 1/2 turn to Right
- 8 Step forward on Left.

Step, Mambo Step, Back, 1/4, Cross Rock Side, Cross.

- 1 Step forward on Right.
- 2&3 Rock forward on Left, recover on Right, step back on Left.
- 4-5 Step back on Right. Make 1/4 turn to Left stepping Left to Left side.
- 6&7 Cross rock Right over Left, recover on Left, step Right to Right side.
- 8 Cross step Left over Right.

1/2 Unwind, Right Lock Back, 1/2, 1/4, Back Rock Side, 1/2 Hinge.

- 1 Unwind sharp 1/2 turn to Right. (weight on Left)
- 2&3 Step back on Right, lock Left over Right, step back on Right.
- 4-5 Make 1/2 turn to Left stepping forward on Left. Make 1/4 turn to Left stepping Right to Right side.
- 6&7 Rock back on Left, recover on Right, step Left to Left side.
- 8 Make 1/2 turn to Right stepping Right to Right side.

1/2 Hinge, Sailor Step, Sailor 1/2 Cross, Bounce Full Turn, Step.

- 1 Make 1/2 turn to Right stepping Left to Left side.
- 2&3 Cross step Right behind Left, step Left to left side, step Right to Right side.
- 4&5 Make 1/4 turn to Left stepping Left next to Right, 1/4 turn Left stepping Right next to Left, cross step Left over Right.
- 6-8 Make 1/2 turn to Right with a bounce raising Right heel & Left toe. 1/2 turn to Right with a bounce raising both toes, step forward on Right. (on the spot turning with little bounce of knees)

Back, Shuffle Back, Back, Out Out In Cross, 1/4, 1/4.

- 1 Step back on Left.
- 2&3 Step back on Right, step together with Left, step back on Right.
- 4 Step back on Left.
- &5&6 Step out on Right, step out on Left, step Right next to Left, cross step Left over Right.
- 7-8 Make 1/4 turn to Left stepping back on Right, make 1/4 turn to Left stepping Left to Left side.

Sweep/Hop, Behind, Side, Cross & Cross, Jazz Box 1/4.

- 1 Step Right just behind Left (with a small hop) as Left sweeps out to side.
- 2-3 Cross step Left behind Right, step Right to Right side.
- 4&5 Cross step Left over Right, step Right to Right side, cross step Left over Right.
- 6-8 Cross step Right over Left, make 1/4 turn to Right stepping back on Left, step Right to Right side.

& Side Rock, & Side 1/2 Together, Heel & Heel & Big Step, Together.

- &1-2 Step Left next to Right, rock Right to Right side, recover on Left.
- &3-4 Step Right next to left, step Left to Left side, make 1/2 turn to Right stepping Right next to Left.
- 5&6 Touch Left heel forward, step Left next to Right, touch Right heel forward.
- &7-8 Step Right next to Left, large step forward on Left (upper body leans back slightly), step Right next to Left.

Rock Step, & Back, Back, Touch Back, 1/2 Step 1/4.

- 1-2 Rock forward on Left, recover on Right.
 - &3-4 Step Left next to Right, walk back Right-Left.
 - 5-6 Touch Right toe back, make 1/2 turn to Right taking weight on Right.
 - 7-8 Step forward on Left, pivot 1/4 turn to Right. (feet shoulder width apart to begin again with 1/4 swivel to Left)
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