Burn It Down (燃燒我心) (zh)

Count: 64 **Wall:** 4 **Level:** Intermediate
Choreographer: Neville Fitzgerald (UK) & Julie Harris (UK) - 2010年07月
Music: DJ Got Us Fallin' In Love (feat. Pitbull) - Usher : (3:42)

前奏： Starts After 16 Counts. 16拍後起跳

第一段 **Rock Step & Step, 1/2 Pivot, Step, 1/2, 1/4, Cross & Cross.**
下沉 回復-併-踏 轉, 踏 轉 1/4, 交叉交換

1-2& Rock forward on Right, recover on Left, step Right next to Left.
右足前下沉, 左足回復, 右足併踏

3-4 Step forward on Left, pivot 1/2 turn to Right.
左足前踏, 右軸轉180度

5-7 Step forward on Left, make 1/2 turn to Left stepping back on Right, make 1/4 turn to Left stepping Left to Left side.
左足前踏, 左轉180度右足後踏, 左轉90度左足左踏

8&1 Cross step Right over Left, step Left to Left side, cross step Right over Left.
右足於左足前交叉踏, 左足左踏, 右足於左足前交叉踏

第二段 **Rock & Cross, Heel Grind 1/4, Sailor 1/2, Step.**
曼波交叉, 踵轉1/4, 剪刀1/2, 踏

2&3 Rock Left to Left side, recover on Right, cross step Left over Right.
左足左下沉, 右足回復, 左足於右足前交叉踏

4-5 Step Right next to Left (toes pointing Left diagonal), make 1/4 turn to Right grinding Right heel
右足併踏(趾轉向左斜角), 右足踵右轉90度

(weight stays on Left, Right starts to sweep into sailor)
重心在左足, 右足後繞準備做水手步

6&7 Make 1/4 turn to Right stepping Right next to Left, 1/4 turn Right stepping Left next to Right, step forward Right.
右轉90度右足併踏, 右轉90度左足併踏, 右足前踏

8 Step forward on Left. 左足前踏

第三段 **1/4, Sailor 1/2 Cross, Side, Cross, Unwind Full Turn, Step.**
1/4, 轉水手交叉, 旁, 交叉, 繞轉圈, 踏

1 Make 1/4 turn to Left stepping Right to Right side.
左轉90度右足右踏

2&3 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.
左轉90度左足併踏, 左轉90度右足併踏, 左足於右足前交叉踏

4-5 Step Right to Right side, cross step Left over Right.
右足右踏, 左足於右足前交叉踏

6-7 Unwind full turn to Right over 2 counts.
以2拍右繞轉圈

8 Step small step forward on Right. 右足略前踏

第四段 **Step, Kick Out Out, Knee In, Out, Touch, Back, Slide Back.**
踏, 踢 外 外, 膝內, 膝外, 點, 後, 後滑

1 Step forward on Left. 左足前踏

2&3 Kick forward Right, step Right to Right side, step Left to Left side. (slightly wider than shoulder width)
右足前踢, 右足右踏, 左足左踏(與肩同寬)

4-5 Turn Right knee in so Right side of body drops (Left leg straight out to side), turn Right knee out.
右膝轉向內身體略低(左腳伸直向左), 右膝轉向外

6-8 Slide Left in to touch next to Right, step back on Left, slide Right back (weight even). 左足滑併點, 左足後踏, 右足後滑

第五段 1/2, (3/8 Semi Circular Turn) Cross & Behind, Behind & Step, Step, 1/2, 1/8. 1/2, (共轉3/8)交叉 踏 交叉, 交叉 踏 踏, 踏 轉 1/8

1 With weight even on both feet/heels swivel 1/2 turn to Right taking weight on Right. (3:00)
重心在雙足, 向右旋轉180度重心移至右足(面向3點鐘)

2&3 Making 1/8 turn to Left cross Left over Right, (1:30) step Right to Right side, 1/8 turn to Left stepping back on Left. (12:00)
左轉45度左足於右足前交叉踏, (面向1:30)右足右踏, 左轉45度左足後踏(面向12點鐘)

4&5 Cross step Right behind Left, make 1/8 turn to Left stepping forward Left, (10:30) step forward Right.
右足於左足後交叉踏, 左轉45度左足前踏(面向10:30), 右足前踏

6-8 Step forward on Left, make 1/2 turn to Left stepping back on Right, (4:30) 1/8 turn to Left stepping Left to Left side. (3:00)
左足前踏, 左轉180度右足後踏(面向4:30), 左轉45度左足左踏(面向3點鐘)

第六段 Cross, Point & Point, Touch, Side, Drag & Cross, Rock Step, Cross.
交叉, 點 收 點, 併點, 右踏, 拖 後 交叉, 左下沉 回復, 交叉

1-2& Cross step Right over Left, point Left to Left side, step Left next to Right. 右足於左足前交叉踏, 左足左點, 左足併踏

3&4 Point Right to Right side, touch Right next to Left, step Right to Right side. 右足右點, 右足併點, 右足右踏

5&6 Drag Left toward Right, step Left slightly behind Right, cross step Right over Left. 左足拖併, 左足略於右足後踏, 右足於左足前交叉踏

&7-8 Rock to Left side on Left, recover on Right, step Left forward & slightly across Right. 左足左下沉, 右足回復, 左足略於右足前交叉踏

****R**: Restart..** Wall 5 **&** Wall 6**, Dance Up To & Including Count 48 Then Restart Dance From Beginning (Count 1)**
第五面牆及第六面牆跳至此, 從頭起跳

第七段 Rock Step & Step, & Pop, Back, Back, 1/4, Cross, 1/4.
下沉 回復-併-踏-膝彈踵抬-踵踏, 後 後-1/4-交叉 1/4

1-2& Rock forward on Right, recover on Left, step Right next to Left.
右足前下沉, 左足回復, 右足併踏

3&4 Step forward on Left, pop both knees forward lifting heels, lower heels.
左足前踏, 雙膝略前彈雙足踵抬, 雙足踵踏

5-6 Step back on Left, step back on Right.
左足後踏, 右足後踏

&7-8 Make 1/4 turn to Left stepping Left to left side, cross step Right over Left, 1/4 turn Left stepping forward Left.
左轉90度左足左踏, 右足於左足前交叉踏, 左轉90度左足前踏

第八段 Back, Back, Back, 1/4, Cross, 1/4 Rock Step, Coaster Step.
後, 後, 後, 1/4, 交叉, 1/4 下沉 回復, 海岸步

1-2 Step back on Right, step back on Left.
右足後踏, 左足後踏

&3-4 Step back on Right, make 1/4 turn to Left stepping Left to left side, cross step Right over Left.
右足後踏, 左轉90度左足左踏, 右足於左足前交叉踏

5-6 Make 1/4 turn to Left rocking forward on Left, recover on Right.
左轉90度左足前下沉, 右足回復

7&8 Step back on Left, step Right next to Left, step forward on Left.
左足後踏, 右足併踏, 左足前踏

END: At End Of Wall 7 You Will Be Facing Left Side Wall.. Swivel 1/4 To Right To Finish.
結束：第七面牆面向左邊牆(9點鐘), 雙腳向右旋轉90度, 面向前面牆結束