

# Burden Down

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**Count:** 32

**Wall:** 4

**Level:** Newcomer

**Choreographer:** Frank David Buchmann & Eva Rothbauer /w Kirsten Netzer, Lucas Hein, Viktoria Schöpf, Thea Seeberger - May 2018

**Music:** Burden Down by Micar

## Clockwise - Motion: Funky

### [1 - 8] Walk R/L/R, Touch L /w Clap, Step Back L, Touch R, Step Back R, Touch L

1 2RF step fwd, LF step fwd

3 4RF step fwd, LF Touch next to RF /w Clap

5 6LF Step diagonally Back, RF touch behind LF /w Snap

7 8RF Step diagonally Back, LF touch behind RF /w Snap

### [9 - 16] Rolling Vine L 1 ¼ turn, Fist Pump Down, get up and Snap

1 2¼ turn L LF step fwd, ½ turn L RF step back

3 4½ turn L LF step fwd, RF touch R

5RF slide R move right fist down

6 7 8RF Slide back up, Snap on Count 8

### [17 - 24] Mashed Potatoes, Sailor Step, Sailor Turn ¼ L

1 2RF Step Back, Toes of LF turned out, LF Step Back, Toes of RF turned out

3 4RF Step Back, Toes of LF turned out, LF Step Back, Toes of RF turned out

5 & 6RF cross behind LF, LF step to L, RF step R

7 & 8LF cross behind RF /w ¼ turn L, RF step R, LF step L

### (Alternative Steps for Counts 1 - 4: Walk Backwards R-L-R-L)

### [25 - 32] Out-Out L/R, Step Back, ¼ turn L touch, SStep L, Slide, Hip bump, Touch

1 2RF Step diagonally fwd, LF step diagonally fwd

**3 4RF step back, ¼ turn L and LF touch next to RF**

**5 6LF big step L, RF slide next to LF**

**7 8RF touch forward /with Hip fwd, RF touch next to LF**

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