

Burden

Competition Step Sheet

DIVISION: Allstars Gems



Description: 64 Counts, 2 Walls, Nightclub, Country
Choreographer: Shane McKeever
Music: Burden by Keith Urban (Special Edit)
Album: Available from www.worlddancemasters.com
Count-in: 16 Count Intro
Note: The sequence is AAB AB Tag
Dancers will dance AAB (Vanilla) AB Tag (Variation)

Part A

- 1-8 Walk x2, Step $\frac{3}{4}$ Turn Side, Behind, Side, Cross Rock, Side Cross**
1,2,3 Step Lf Fwd, Hold, Step Rf Fwd,
4&5 Step Lf Fwd, $\frac{1}{2}$ Turn R transferring weight to Rf (6.00), $\frac{1}{4}$ Turn R stepping
Lf To L Side (9.00)
6&7& Cross Rf behind Lf, Step Lf to L Side, Cross Rock Rf over Lf, Recover on to
Lf
8& Step Rf to R Side, Cross Lf over Rf
- 9-16 Nightclub Basic, Sway x3, Cross Rock, $\frac{3}{4}$ Runaround**
1,2& Big step with Rf to R Side, Close Lf to Rf, Cross Rf in front of Lf
3,4,5 Step Lf to L Side swaying Body L, Sway body R, Sway Body L
6& Cross Rock Rf over Lf, Recover on Lf
7&8& Making $\frac{1}{4}$ Turn R step Rf Fwd (12.00) continue with a Curving Runaround
making a further $\frac{1}{2}$ Turn stepping, L, R, L (6.00)
- 17-20 Sweep, Cross, $\frac{1}{4}$ Turn L Stepping Back, $\frac{1}{4}$ Turn L Stepping
Forward, $\frac{1}{2}$ turn Together**
1,2,3 Step Rf Fwd Sweeping Lf from Back to Front, Cross Lf over Rf, making a $\frac{1}{4}$
Turn L Step Rf Back (facing 3.00)
4& Making $\frac{1}{4}$ Turn L (facing 12.00), Step Rf Fwd, making a $\frac{1}{2}$ Turn L bring
feet together (facing 12.00)

- Part B**
**1-9 Sweep, Cross, Side, Back Rock, Recover, $\frac{1}{2}$ Turn L Stepping Lf to
Side, Cross Side Behind with Sweep, Behind Side Forward Step to
R Diagonal**
1,2&3 Step Lf fwd sweeping RF from back to front, Cross Rf in front of Lf, Step Lf
to L Side, Rock Rf back to diagonal (body facing 1.30)
4&5 Recover weight on to Lf, making $\frac{1}{4}$ Turn L Step back on Rf, making $\frac{1}{4}$
Turn L Step Lf to L Side (facing 6.00)
6&7 Cross Rf in front of Lf, Step Lf to L Side, Cross Rf behind Lf sweeping Lf
from front to Back
8&1 Cross Lf behind Rf, Step Rf to R Side, Step Lf fwd to R Diagonal (facing
7.30)

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| 10-16 | 1 1/2 Turns L, Walk Forward x3, Rock, Recover, Walk Back x2 |
| 2&3 | Turning to the L make a 1/2 Turn stepping back on Rf, make a 1/2 Turn Stepping forward on the Lf, make a 1/2 Turn Stepping back in the Rf (facing 1.30) |
| 4,5,6 | Walk Forward Lf, Rf, Lf |
| 7&8& | Rock Rf fwd, recover on to Lf, Walk back on Rf walk back on Lf |
| 17-25 | 1/8 Turn with a Sweep, Behind, Side Rock, Behind, Forward with 1/4 Turn, Pivot 1/2 Turn, Full Turn, Sweep with 1/4 Turn |
| 1,2 | Step back on to Rf sweeping Lf from front to back making 1/8 turn squaring up to 12.00, cross Lf behind Rf |
| 3&4& | Rock Rf to R Side, recover on to Lf, Cross Rf behind Lf, making 1/4 Turn L step Lf Fwd (facing 9.00) |
| 5,6& | Step Rf Fwd making 1/2 Turn L (facing 3.00), transfer weight on to Lf, make 1/2 Turn L stepping back on Rf, make 1/2 Turn L stepping Lf Fwd and sweeping the Rf from back to front making a 1/4 Turn L (facing 12.00) |
| 7,8,1 | Make 1/2 Turn L stepping Lf Fwd and sweeping the Rf from back to front making a 1/4 Turn L (facing 12.00), Cross Rf in front of Lf |
| 26-34 | Sway x2, 1/2 Diamond, Nightclub Basic, 1/4 Turn Step Forward, Step 3/4 Turn |
| 2& | Sway body L, sway body R |
| 3,4& | Big step with Lf, making 1/8 Turn R step back on Rf, Step back on Lf (facing 1.30) |
| 5,6& | Making 1/8 Turn R take a big step to R, making 1/8 Turn R Step Lf Fwd, Step Rf Fwd (facing 4.30) |
| 7,8&1 | Making 1/8 Turn R take a big step L with Lf, Rock Rf back, making 1/4 R step Rf Fwd (facing 9.00) |
| 2& | Step LF Fwd, make 3/4 Turn R (facing 6.00) |
| Tag | |
| 1-10 | Sway x2, 1/2 Diamond, Nightclub Basic, 1/4 Turn Step Forward, Step 3/4 Turn |
| 1,2 | Sway body L, Sway Body R |
| | Big step with Lf, making 1/8 Turn R step back on Rf, Step back on Lf (facing 1.30) |
| 3,4& | Making 1/8 Turn R take a big step to R, making 1/8 Turn R Step Lf Fwd, Step Rf Fwd (facing 4.30) |
| 5,6& | Making 1/8 Turn R take a big step L with Lf, Rock Rf back, making 1/4 R step Rf Fwd (facing 9.00) |
| 7,8&1 | Making 1/8 Turn R take a big step L with Lf, Rock Rf back, making 1/4 R step Rf Fwd (facing 9.00) |
| 2& | Step LF Fwd, make 3/4 Turn R (facing 6.00) |