

# Burden of a Man

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**Count:** 64      **Wall:** 4      **Level:** Phrased Beginner

**Choreographer:** Tina Chen Sue-Huei , Taiwan (June 2011)

**Music:** Nan Ren Jiu Shi Lei - Chinese DJ

**Special thanks to Sue-Rong Yang and BM Leong.**

**Sequence of dance: B/A/A/A/A/Tag/B/B/A/A/Tag/A/A/Tag/B/B**

**Start the dance after 32 counts of hard beats.**

**A ( 32 counts. )**

## **TOUCH, STEP, TOUCH, STEP, JAZZ BOX**

- 1-2      Touch right toes to right side, step right heel down
- 3-4      Touch left toes to left side, step left heel down
- 5-6      Step right forward, cross left over right,
- 7-8      Step right back, step left to left side

## **TRIPLE 1/2 TURN L, BACK ROCK, TRIPLE 1/2 TURN R, BACK ROCK**

- 1&2      Making 1/2 turn left, shuffle backward on RLR
- 3-4      Rock back on left, recover on right
- 5&6      Making 1/2 turn right, shuffle backward on LRL
- 7-8      Rock back on right, recover on left

## **RIGHT & LEFT FORWARD DIAGONAL LOCK STEPS**

- 1-2      Step right forward to right diagonal , lock left behind right
- 3&4      Step right forward to right diagonal , lock left behind right, step right forward to right diagonal
- 5-6      Step left forward to left diagonal , lock right behind left
- 7&8      Step left forward to left diagonal , lock right behind left, Step left forward to left diagonal

## **FORWARD, PIVOT 1/2 TURN L, FORWARD SHUFFLE, 3/4 TURN R, CROSS SHUFFLE**

- 1-2      Step right forward, pivot 1/2 turn left
- 3&4      Shuffle forward on RLR

## 5-6 1/2 turn right step left back, 1/4 turn right step right to right side

7&8 Cross shuffle on LRL

### **B ( 32 counts )**

#### **RIGHT LINDY, HEEL TOUCHES, HEEL & STEP**

1&2 Right side shuffle on RLR

3-4 Cross left behind right, recover on right

5& Touch left heel forward, step left together

6& Touch right heel forward, step right together

7&8 Touch left heel forward, step left together, step right forward

#### **FORWARD SHUFFLE X 2, STEP, PIVOT 1/2 TURN RIGHT, FORWARD SHUFFLE**

1&2 Shuffle forward on LRL

3&4 Shuffle forward on RLR

5-6 Step left forward, pivot 1/2 turn right

7&8 Shuffle forward on LRL

#### **RIGHT LINDY, HEEL TOUCHES, HEEL & STEP**

1&2 Right side shuffle on RLR

3-4 Cross left behind right, recover on right

5& Touch left heel forward, step left together

6& Touch right heel forward, step right together

7&8 Touch left heel forward, step left together, step right forward

#### **FORWARD SHUFFLE X 2, STEP, PIVOT 1/2 TURN RIGHT, FORWARD SHUFFLE**

1&2 Shuffle forward on LRL

3&4 Shuffle forward on RLR

5-6 Step left forward, pivot 1/2 turn right

7&8 Shuffle forward on LRL

#### **TAG: STEP, TOUCH, STEP, TOUCH,**

1-2 Step right to right side, touch left together

3-4 Step left to left side, touch right together

**Happy Dancing**

**Contact:- Email: [sh3385@gmail.com](mailto:sh3385@gmail.com)**

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