

A Fire In My Heart



Count: 32

Wall: 4

Level: Absolute Beginner

Choreographer: Frédérique Sorolla (FR) - July 2018

Music: There Is a Fire - National Park Radio



Structure of the dance : 32 /32/32/32 // 32/32/32/32 // 24 / Hold + 8 / 32 / 24 / Hold + 8 + 1/4T to R & Stomp R
No Tag, No Restart
Proposed in workshop at the American Days of Saint Andiol (France, August 03 2019). Many thanks to Valérie Martinez

Introduction : After the violin solo, count 32 accounts

I (1 - 8) - ROCK STEP SIDE R, 3 STOMPS ON PLACE* - ROCKSTEP SIDE L , 3 STOMPS ON PLACE*

- 1,2 right step to right side, recover on left foot to left
3&4 3 stomps R / L / R : right foot next to left foot, then on place left and right feet
5,6 left step to left side, recover on right foot to right
7&8 3 stomps L / R / L : left foot next to right foot, then on place right and left feet

II (9 - 16) - TRIPLE STEP FWD R/L/R & L/R/L – R HEEL FWD, TOGETHER, L TOUCH BACK , 3 STOMPS ON PLACE**

- 1&2 pas chassé forward R / L / R : right step forward, left foot close to right foot, right step forward
3&4 pas chassé forward L / R / L : left step forward, right foot close to left foot, left step forward
5&6 right heel forward, right foot next to left foot, left toe back
7&8 3 stomps L / R / L : left foot next to right foot, then on place right and left feet

III (17 - 24) - ROCKSTEP FWD, 1/4T TO R with R STOMP SIDE to R , 2 STOMPS ON PLACE – JAZZ BOX

- 1,2 right step forward, recover on left foot back
3&4 1/4T to right with right stomp to right side, then on place left and right stomps 3H
5,6 left cross over right foot, right step back
7,8 left step to left side, right step forward

HERE : In the 3 round, end of the 1st wall facing 3am, and after end of the 3rd wall facing 9am, there is a musical break. Make a HOLD (4 quick counts), then do Section IV

IV (25 - 32) - L HEEL FWD, TOGETHER, R HEEL FWD, TOGETHER - (CROSS SHUFFLE SIDE R) X 2

- 1,2 left heel forward, left foot close to right foot
3,4 right heel forward, right foot close to left foot
5&6 left cross over right foot, right step side to right, left cross over right foot
& right step side to right
7&8 left cross over right foot, right step side to right, left cross over right foot

HERE : At the last wall to finish facing 12H, add 1/4T TO R with R STOMP on the right

GOOD LUCK AND HAVE FUN !

More difficult option for insiders, instead of 3 stomps on place :

* COASTER STEP : R/L/R for the 1st - L/R/L for the 2nd

** L HEEL FWD, TOGETHER, R TOUCH BACK

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