

# Into The Fire

**Compte:** 40

**Mur:** 4

**Niveau:** Intermediate/Advanced



**Chorégraphe:** Angie Shirley (UK)

**Musique:** Duelling Violins - Ronan Hardiman

## HEEL SWITCHES & CROSS STEP

- 1& Touch right heel forward, step right foot back to place  
2& Touch left heel forward, step left foot back to place  
3& Touch right heel forward, step back on right foot  
4 Cross step left foot over right

**On count 4 extend both arms chest height to left, sweep around in semi circle and lower on count 5**

## SWEEP, ROCK, HEEL JACK, STEP, TOUCH

- 5-6& Sweep right foot around to front in a semi circle, rock step right over left, rock back onto left foot  
7&8 Dig right heel diagonally forward, step right foot next to left, touch left foot next to right

9-16 Repeat above section 1-8 starting on left foot

**On count 12 extend both arms chest height to right, sweep around in semi circle & lower on count 13**

## MASHED POTATOES BACK

- & With weight on ball of left foot, turn both toes inward & lift right foot slightly off floor  
17 Step back on right foot, turning both toes outward  
& With weight on ball of right foot, turn both toes inward & lift left foot slightly off floor  
18 Step back on left foot, turning both toes outward  
&19&20 Repeat steps &17&18

## STEP, ¼ TURN, KICK, HOOK, TURN

- 21-22 Step forward on right foot, make ¼ turn left (weight ends on left foot)  
23&24 Kick right foot forward, hook right foot in front of left knee, spin ½ turn over left shoulder bringing right foot in to inside of left knee

## BACK SLIDES WITH KNEE POPS

- 25-26 Step back on right foot & at same time pop left knee forward, slide back on left foot & at same time pop right knee forward  
27-28 Slide back on right foot & at same time pop left knee forward, slide back on left foot & at same time pop right knee forward

## KICK BALL CHANGE.CROSS UNWIND

- 29&30 Kick right foot forward, step right foot next to left, change weight to left foot  
31-32 Cross right foot behind left, unwind ½ turn Over right shoulder (weight ends on right foot)

## SYNCOPATED WEAVE RIGHT, STEP, PIVOT, STEP, TOUCH

- 33&34 Cross step left foot over right, step right foot to right side, cross step left foot behind right  
&35 Step right foot to right side, cross step left foot over right  
&36 Step right foot to right side, cross step left foot behind right  
&37-38 Step right foot to right side, step forward on left foot, pivot ½ turn over right shoulder  
39-40 Step left foot next to right, touch right toe next to left

## REPEAT

When danced to "Dueling Violins" there is a 16 beat count after the violin intro. Also be aware of the tempo changes, but have fun. Good luck!

