

Just Like Fire

拍数: 32 墙数: 4 级数:
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音乐: Just Like Fire - P!nk : (iTunes, amazon)



Notes: 8 count intro, 3 Restarts walls 2,4&6...see below for details...easy to hear in the track.
Dance ends at count 16 simply adjust the walks to step ¼ left and you finish facing forward

[1-8] SIDE, BEHIND-1/4 TURN RIGHT-STEP, MAMBO ½ TURN RIGHT, ½, ¼ TURN RIGHT, CROSS SHUFFLE

- 1-2&3 Step R to right (long step) and begin to draw left towards right, Step L behind right, & Make a ¼ turn right stepping R forward, Step L forward [3]
4&5 Rock R forward, & Recover weight on L preparing to turn, Make ½ turn right stepping R forward [9]
6& Make ½ turn right stepping L back, & Make ¼ turn right stepping R to side [6]
7&8 Step L across right, & Step R to side, Step L across right [6]
RESTART wall 4- dance thought to count 8, then restart (facing 6 o'clock) *

[9-16] HEEL JACK, BALL CROSS UNWIND ¾ TURN LEFT, BEHIND-SIDE-CROSS, FIGURE C HIP BUMPS WITH ¼ TURN LEFT, WALK, WALK

- &1 (&) Step R back, Touch L heel forward [6]
&2 (&) Step L beside right, Cross R over left and make ¾ turn left (weight on right) [9]
3&4 Step L behind right, & Step R to side, Step L across right [9]
5&6 Step R to right and bump hips right, & Return hips to centre preparing to turn, Make ¼ turn left and bump hips back hitching left knee slightly [6]
7-8 Walk forward L, R [6]
RESTART walls 2 & 6 – following count 15, touch R beside left, then restart, facing 3 o'clock at wall 2 and 9 o'clock at wall 6

[17-24] DIAMOND TURN, FORWARD SHUFFLE, ½ TURN LEFT STEPPING BACK, SIT-KNEE POP

- 1&2 Step L across right, & Make 1/8 turn left stepping R back, Step L back [5.30]
3&4 Step R behind left, & Make ¼ turn left stepping L to side, Step R forward [1.30]
5&6 Shuffle forward stepping L, R, L [1.30]
7-8 Make ½ turn left stepping R back, Step L back sit back on left and pop right knee [7.30]

[25-32] WALK, WALK, TRIPLE LEFT (travels forward), RUNNING LOCK STEPS

- 1-2 Walk forward R, L [7.30]
3&4 Make ½ turn left stepping R back, & Make ½ turn left stepping L forward, Step R forward [7.30]
5&6& Step L forward to diagonal, & Lock R behind left, Step L slightly forward and to left, Step R forward to right diagonal [11.30]
7&8 Lock L behind right, Step R forward to right diagonal, Step L forward and to left squaring off to wall [9]

REPEAT