

# Back From The Fire

拍数: 30      墙数: 2      级数: Low Advanced  
编舞者: Roy Verdonk (NL), Jef Camps (BEL) & Eleni de Kok (NL) - February 2018  
音乐: Back from the Fire - Gold Brother



(intro 16 counts)

## S1: DIAGONAL STEP-LOCK-STEP, STEP-LOCK, KNEE POP, DROP, BACK, 3/8 STEP, 3/4 TURN, DIAGONAL ROCKING CHAIR

1&2&      1/8 turn L & LF step forward, RF lock behind LF, LF step forward, RF step forward (10:30)  
3&4&      LF lock behind RF, pop R knee up while lifting R heel, drop R heel, LF step diagonally R back (10:30)

**Styling: when popping the knee you can lift your R shoulder and bend your head towards the R shoulder**

5      3/8 turn R & RF step forward (3:00)  
6&      1/2 turn R & LF step back, 1/4 turn R & RF step side (12:00)  
7&8&      1/8 turn R & LF rock forward, recover on RF, LF rock back, recover on RF (1:30)

## S2: STEP, 1/8 SWEEP, CROSS, BACK, BACK, CROSS, BACK, 1/4 SIDE, TOUCH, POINT, JAZZ BOX, CROSS

1-2      LF step forward, RF sweep forward making 1/8 turn L (12:00)  
&3&4      RF cross over LF, LF step diagonally back, RF step diagonally back, LF cross over RF  
&5      RF step back, 1/4 turn L & LF step side (9:00)  
6&      RF touch next to LF, RF point to side  
7&8&      RF cross over LF, LF step back, RF step side, LF cross over RF

## S3: SIDE, 3/4 SPIRAL TURN, STEP, SIDE ROCK/RECOVER, WEAVE WITH SWEEP, BEHIND, 1/4 STEP, ROCK FWD/RECOVER, COASTER

1-2&      RF step side, make 3/4 spiral turn L on RF (LF hooked), step forward on LF (12:00)  
3&      RF rock side, recover on LF  
4&5      RF cross over LF, LF step side, RF cross behind LF & sweep LF backwards  
6&      LF cross behind RF, 1/4 turn R & RF step forward (3:00)  
7&8&      LF rock forward, recover on RF, LF step back, RF close next to LF

## S4: STEP, 3/4 HINGE TURN, CROSS ROCK/RECOVER, SIDE, CROSS, SIDE, SAILOR

1-2&      LF step forward, 1/2 turn L & RF step back, 1/4 turn L & LF step side (6:00)  
3&4&      RF cross over LF, recover on LF, RF step side, LF cross over RF  
5-6&      RF big step side while sweeping LF 1/8 turn L, LF cross behind RF, RF step side slightly fwd (4:30)

**Start again!**

**Restart: in wall 3 after 24 counts**

**Dance up to count 8& from the 3rd section and add a 1/8 turn R before restarting the dance to 4:30.**

**Tag + restart: in wall 6 dance up to count 6& from the second section and add following steps before restarting the dance to the front wall**

1      1/8 turn R and put weight on RF (4:30)  
2-3      Bend through knees and lean forward while snapping fingers, stretch up  
4-5      Bend through knees and lean forward while snapping fingers, stretch up  
6-7      Bend through knees and lean forward while snapping fingers, stretch up  
8      Bend through knees and lean forward while snapping fingers

**Styling: bring body and arms slightly in when bending and open up when stretching up**

- 1-2            ½ turn L and bring weight on LF, RF lock behind LF and pop L knee up while snapping fingers (10:30)
- 3-4            LF step forward, RF lock behind LF and pop L knee up while snapping fingers (10:30)
- 5-6            LF step forward, RF lock behind LF and pop L knee up while snapping fingers (10:30)
- 7-8            LF step forward, RF lock behind LF and pop L knee up while snapping fingers (10:30)

**Styling: in those locks make a rolling movement**

**Restart dancing to 10:30**

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