

# Fired Up (Chair dance)

**COPPER KNOB**  
STEPPERS

拍数: 48      墙数: 0      级数: Advanced Chair dance  
编舞者: Rita Ensminger (USA) - June 2019  
音乐: Alberta - Eric Clapton



Alt.: Green Door by Shakin' Stevens

**TOUCH FWD, BCK, FWD, BCK, OUT, IN, OUT, STEP TOGETHER**

1-4            R touch fwd, touch back, touch fwd, touch back  
5-8            R touch side, touch together, touch side, step together

**TOUCH FWD, BCK, FWD, BCK, OUT, IN, OUT, STEP TOGETHER**

1-4            L touch fwd, touch back, touch fwd, touch back  
5-8            L touch side, touch together, touch side, step together

**PALMS DOWN, PALMS UP, CROSS, CROSS, THIGH, THIGH**

1-4            R palm down, L palm down, R palm up, L palm up  
5-8            Cross with R, cross with L, R hand on thigh, L hand on thigh

**TOE, HEELS, TOUCH SIDE-TOGETHER-SIDE, STEP TOGETHER**

1-4            R toe, heel, L toe, heel  
5-8            R touch side, touch together, touch side, step together

**TOE, HEELS, TOUCH SIDE-TOGETHER-SIDE, STEP TOGETHER**

1-4            L toe, heel, R toe, heel  
5-8            L touch side, touch together, touch side, step together

**HEEL, HITCH, STOMP, STOMP**

1-4            R heel forward, knee up, stomp, stomp  
5-8            L heel forward, knee up, stomp, stomp

**REPEAT**

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