

Fire It Up

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Easy Intermediate
编舞者: Ivonne Verhagen (NL), Daniel Trepap (NL) & Roy Hoeben (NL) - November 2019
音乐: Fire It Up - Outasight



(Start on Vocals after 32 counts)

[1-8]: BACK SWEEP, BACK SWEEP, COASTER STEP, WALK, WALK & LOCK, UNWIND ½ WITH HEEL BOUNCE, JUMP OUT

1,2 RF step back and sweep LF back, LF step back and sweep RF back
3&4 RF step back, LF step next right, RF step forward
5&6 LF step forward, RF step forward, LF lock behind RF
7&8 Start unwind ½ turn left, Heel bounce and finish unwind ½ turn left, Jump both feet apart (weight on LF) (6h)

[9-16]: TWIST 2X, HITCH, STEP BIG STEP SIDE, TOUCH, ¼ RIGHT & STEP SIDE TOUCH, RIGHT HAND UP, LEFT HAND UP

1&2 RF twist heel in, RF twist toe in, Hitch right knee in front of left
3,4 RF step a big step side, LF touch to RF
5,6 ¼ turn right & LF step side, RF touch to LF (9h)
&7&8 Bend both knees and lean left, Right hand up, Bend both knees and lean right, Left hand up

[17-24]: CROSS ROCK FORWARD & SIDE (2X), STEP, 2X PADDLE (TOTAL ½ TURN RIGHT)

1&2 RF cross rock over LF (push hips forward), LF recover on LF, RF step side
3&4 LF cross rock over RF (push hips forward), RF recover on RF, LF step side
5,6 RF step forward, ¼ turn right and paddle with LF
7-8 ¼ turn right and paddle with LF, LF step forward (3h)

[25-32]: STEP, 2X PADDLE (TOTAL ½ TURN RIGHT), KICK, OUT, OUT, 2 KNEE POPS

1-2 RF step forward, ¼ turn right and paddle with LF
3-4 ¼ turn right and paddle with LF, LF step forward (9h)
5&6 RF kick forward, RF step out, LF step out
&7&8 Bend both knees lifting heels slightly, straighten both legs lowering heels softly, bend both knees lifting heels slightly, straighten both legs lowering heels softly (weight finish on LF)

Tag 1 16 counts:

WALK RIGHT SIDE OF THE FLOOR, HOLD, WALK LEFT SIDE OF THE FLOOR, HOLD

1,2,3,4 walk to the right side of the floor R-L-R- Hold (show them "Get louder now")
5,6,7,8 walk to the left side of the floor L-R-L- Hold (show them "Get louder now")

JAZZ BOX WITH A BIG STEP RIGHT, CROSS OVER, 4X WALK FORWARD TO SPOT

1,2,3,4 RF cross over LF, LF step back, RF step big step side, LF cross over RF
5,6,7,8 RF walk forward, LF walk forward, RF walk forward, LF walk forward (to your own dance spot)

Tag 2 : 8 counts:

STEP FORWARD, 7X BOUNCE (TOTAL ½ TURN)

1,2,3,4 RF step forward, 1/8 turn bounce both feet, bounce both feet, step forward, 1/8 turn bounce both feet, bounce both feet,
5,6,7,8 1/8 turn bounce both feet, bounce both feet, 1/8 turn bounce both feet, bounce both feet (weight finish on LF)

TAG 1: After wall 2 (6h) and 5 (9h)

TAG 2 : After wall 7 (3h)

Start again. Have fun!

Last Update - 23 Jan. 2020
