

# Let's Get Fired Up

COPPER KNOB  
STEPSHEETS

拍数: 56      墙数: 4      级数: Improver  
编舞者: Sue Jennings (USA) - May 2023  
音乐: Let's Get Fired Up - Travis Reigh



Intro 24 count-start on the lyrics

Sequence: full 56, first 24, full 56, first 24, 16-count bridge, last 32, first 52 with L open to the front on last count

## [1-8] TOE HEEL STOMP, STEP LOCK, ½ CHASE TURN, SHUFFLE FORWARD

1&2      Touch R toe next to L, touch R heel slightly forward & stomp down on R  
3&4      Step L forward, Lock R behind L, Step L forward  
5&6      Step forward on R, Pivot ½ to L step forward on R  
7&8      Shuffle forward LRL (facing 6:00)

## [9-16] TOE HEEL STOMP, STEP LOCK, HEEL SWITCHES, ¼ PIVOT TURN

1&2      Touch R toe next to L, touch R heel slightly forward & stomp down on R  
3&4      Step L forward, Lock R behind L, Step L forward  
5&6&      Touch R heel forward, &, Touch L heel forward, &  
7-8      Step R forward, Pivot ¼ L (facing 3:00)

## [17-24] R HEEL, L HEEL, R HEEL HOOK, L HEEL, R HEEL, L HEEL HOOK

1&      Tap R heel forward, step R next to L  
2&      Tap L heel forward, step L next to R  
3&4&      Tap R heel forward, hook over L knee, tap R heel forward, step R next to L  
5&      Tap L heel forward, step L next to R  
6&      Tap R heel forward, step R next to L  
7&8&      Tap L heel forward, hook over R knee, tap L heel forward, step L next to R (facing 3:00)

Chorus: 16 counts – Dance this 16 count twice.

## [25-32] R DIAGONAL STEP LOCK, L DIAGONAL STEP LOCK, SYNCOPATED V-STEP X 2

1&2      Step R diagonally forward, Lock L behind R Step R forward  
3&4      Step L diagonally forward, Lock R behind L Step L forward  
5&6&      Step R forward to R diagonal, step L forward to L diagonal, step R back to center, step L beside R  
7&8&      Step R forward to R diagonal, step L forward to L diagonal, step R back to center, step L beside R (facing 3:00)

## [33-40] WALK BACK, SYNCOPATED OUT/OUT/IN/IN X 2

1-4      Walk back R,L,R,L (Turning Option: 1-2 making 1/4 turn R x2, 3-4 walk back R, L)  
5&6&      Step R to R, step L to L, step R to center, step L to center  
7&8&      Step R to R, step L to L, step R to center, step L to center (facing 3:00)

## [40-56] REPEAT 25-40 OF THE CHORUS

\*Start dance again on Wall 2 (3:00), dance first 24 counts and Restart (facing 6:00)

BRIDGE – Starts facing 9:00 wall Dance first 24 counts, 16-count bridge (12:00), and finish last 32 counts of dance (12:00)

## [1-16] SLOW ROCKING CHAIR, R HIP BUMPS X 2, ½ PIVOT, L HIP BUMPS X 2

1-4      Rock R forward, recover L, rock R back recover L  
5&6      Step R forward, bump R hip forward x2, pivot ½ L  
7&8      With L forward, bump L hip forward x2

Repeat 1-8

\*RESTART NOTE: First 24 count (facing 3:00) then Restart full 56 count (facing 6:00)

\*BRIDGE NOTE: (dance starts on 9:00 wall) Dance first 24 count of dance, then 16 count bridge (12:00), then finish last 32 count of dance (12:00)

\*END OF DANCE: Dance first 52 counts with last walk back open L to the front (12:00) on last count. Leave off the last OUT/OUT/IN/IN sequence (4 counts)

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