

Into The Fire

拍数: 40 墙数: 4 级数: Intermediate/Advanced
编舞者: Angie Shirley (UK)
音乐: Duelling Violins - Ronan Hardiman



HEEL SWITCHES & CROSS STEP

- 1& Touch right heel forward, step right foot back to place
- 2& Touch left heel forward, step left foot back to place
- 3& Touch right heel forward, step back on right foot
- 4 Cross step left foot over right

On count 4 extend both arms chest height to left, sweep around in semi circle and lower on count 5

SWEEP, ROCK, HEEL JACK, STEP, TOUCH

- 5-6& Sweep right foot around to front in a semi circle, rock step right over left, rock back onto left foot
- 7&8 Dig right heel diagonally forward, step right foot next to left, touch left foot next to right

- 9-16 Repeat above section 1-8 starting on left foot

On count 12 extend both arms chest height to right, sweep around in semi circle & lower on count 13

MASHED POTATOES BACK

- & With weight on ball of left foot, turn both toes inward & lift right foot slightly off floor
- 17 Step back on right foot, turning both toes outward
- & With weight on ball of right foot, turn both toes inward & lift left foot slightly off floor
- 18 Step back on left foot, turning both toes outward
- &19&20 Repeat steps &17&18

STEP, ¼ TURN, KICK, HOOK, TURN

- 21-22 Step forward on right foot, make ¼ turn left (weight ends on left foot)
- 23&24 Kick right foot forward, hook right foot in front of left knee, spin ½ turn over left shoulder bringing right foot in to inside of left knee

BACK SLIDES WITH KNEE POPS

- 25-26 Step back on right foot & at same time pop left knee forward, slide back on left foot & at same time pop right knee forward
- 27-28 Slide back on right foot & at same time pop left knee forward, slide back on left foot & at same time pop right knee forward

KICK BALL CHANGE.CROSS UNWIND

- 29&30 Kick right foot forward, step right foot next to left, change weight to left foot
- 31-32 Cross right foot behind left, unwind ½ turn Over right shoulder (weight ends on right foot)

SYNCOPATED WEAVE RIGHT, STEP, PIVOT, STEP, TOUCH

- 33&34 Cross step left foot over right, step right foot to right side, cross step left foot behind right
- &35 Step right foot to right side, cross step left foot over right
- &36 Step right foot to right side, cross step left foot behind right
- &37-38 Step right foot to right side, step forward on left foot, pivot ½ turn over right shoulder
- 39-40 Step left foot next to right, touch right toe next to left

REPEAT

When danced to "Duelling Violins" there is a 16 beat count after the violin intro. Also be aware of the tempo changes, but have fun. Good luck!

