

Fired Up!

拍数: 32 墙数: 4 级数:
编舞者: Peter Metelnick (UK)
音乐: Hot to Molly - Mila Mason



FORWARD SHUFFLE, LEFT FORWARD, PIVOT ¼ RIGHT, TURN & RIGHT & VINE LEFT

- 1&2 Step right foot forward, step left foot together, step right foot forward
3-4 Step left foot forward, pivot ¼ right
5-8 Turn & right and step left foot to left side, cross right foot behind left and step, step left foot to left side, touch right foot together & clap

SIDE TOUCHES WITH HOLDS, MEXICAN HAT DANCE, STOMP RIGHT 2X

- 1-2& Touch right toes to right side, hold, step right foot together
3-4& Touch left toes to left side, hold, step left foot together
5& Touch right heel forward, step right foot together
6& Touch left heel forward, step left foot together
7-8 Stomp right foot together 2x (weight remains on left foot)

RIGHT SIDE SHUFFLE, LEFT ROCK BACK & RECOVER, ¾ TURN RIGHT, LEFT ROCK FORWARD & RECOVER

- 1&2 Step right foot to right side, step left foot together, step right foot to right side
3-4 Step left foot back and rock back, recover weight on right foot
5-6 Turn ¾ right (you will travel left when doing these steps): turn & right and step on left foot, step right foot back turning ¼ right (easier alternative: turn & left and step left forward, step right foot forward)
7-8 Step left foot forward and rock forward, recover weight on right foot

LEFT COASTER STEP, RIGHT FORWARD, PIVOT ¼ LEFT & CLAP, RIGHT FORWARD, PIVOT & LEFT & CLAP, STOMP RIGHT & LEFT TOGETHER

- 1&2 Step left foot back, step right foot together, step left foot forward
3-4 Step right foot forward, pivot ¼ left (weight ends on left foot) & clap
5-6 Step right foot forward, pivot & left (weight ends on left foot) & clap
7-8 Stomp right foot together, stomp left foot together

REPEAT
