

# All Fired Up

**COPPER KNOB**  
STEPSHEETS

拍数: 64      墙数: 2      级数: Intermediate/Advanced  
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音乐: All Fired Up - Dan Seals



## HEEL STRUT, HEEL STRUT, STEP, STEP, STEP, HOLD

1-2      Step right heel forward, put toes down  
3-4      Step left heel forward, put toes down  
5-8      Steps right-left-right forward, hold

## STOMP, HOLD/CLAP, STOMP, HOLD/CLAP, GRAPEVINE TO LEFT, BRUSH

1-2      Stomp left beside right foot, hold/clap  
3-4      Stomp left beside right foot, hold/clap  
5-6      Step left to left, step right behind left foot  
7-8      Step left to left, brush right

## TOE STRUT ¼ TURN, TOE STRUTS BACKWARDS, TOE STRUT ¼ TURN

1-2      Step right toes backward turning ¼ turn to left, put right heel down  
3-4      Step left toes backward, put left heel down  
5-6      Step right toes backward, put right heel down  
7-8      Step left toes backward turning ¼ turn to left, put left heel down

## GRAPEVINE TO RIGHT, TAP, HEEL, HOOK, HEEL, HOOK

1-2      Step right to right, step left behind right foot  
3-4      Step right to right, tap left beside right foot  
5-6      Touch left heel forward, hook left across in front right leg  
7-8      Touch left heel forward, hook left across in front of right leg

## ROCK STEP FORWARD, ROCK STEP BACKWARD, TOUCH, HOLD, FULL TURN

1-2      Step left forward, rock back on right  
3-4      Step left backward, rock forward on right  
5-6      Touch left to left, hold  
7-8      Full turn to left to finish left foot beside right foot (weight on left)

## STEP, LOCK, STEP, BRUSH, STEP, LOCK, STEP, TOUCH

1-2      Step right forward, slide left across behind right foot  
3-4      Step right forward, brush left  
5-6      Step left forward, slide right across behind left foot  
7-8      Step left forward, touch right to right

## TWIST & SWITCH

1      Twist both heels to left crossing right foot in front of left peg  
2      Twist both heels to right touching right to right side  
3      Twist both heels to left crossing right foot in front of left peg  
4      Step right backward  
5      Twist both heels to right crossing left foot in front of right leg  
6      Step left backward  
7      Twist both heels to left crossing right foot in front of left peg  
8      Step right backward

## TWIST & SWITCH

- 1 Twist both heels to right crossing left foot in front of right peg
- 2 Twist both heels to left touching left to left side
- 3 Twist both heels to right crossing left foot in front of right peg
- 4 Step left backward
- 5 Twist both heels to left crossing right foot in front of left leg
- 6 Step right backward
- 7 Twist both heels to right crossing left foot in front of right peg
- 8 Step left beside

**REPEAT**

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