

All Fired Up

拍数: 40 墙数: 4 级数: Intermediate
编舞者: Ozgur "Oscar" TAKAÇ (TUR) - February 2011
音乐: All Fired Up - Bobby Lee Springfield



HEEL SWITCHES, MAMBO STEP, SHUFFLE BACK, SAILOR 1/2 TURN R

1&2& Dig R heel forward, step R next to L, dig L heel forward, step L next to R
3&4 Rock forward on R, rock back on L, step back on R
5&6 Step back on L, bring R next to L, step back on L
7&8 R Sailor 1/2 Turn R

HEEL SWITCHES, MAMBO STEP, SHUFFLE BACK, SAILOR 1/2 TURN L

1&2& Dig L heel forward, step L next to R, dig R heel forward, step R next to L
3&4 Rock forward on L, rock back on R, step back on L
5&6 Step back on R, step L next to R, step back on R
7&8 L Sailor 1/2 Turn L

R SIDE ROCK, CROSS ROCK, CHASSE, BACK ROCK, SIDE ROCK, WEAVE

1&2& Rock R out to R side, recover on to L, cross rock R over L, recover on to L
3&4 Step R to R side, step L next to R, step R to R side
5&6& Cross rock back on L, recover on to R, side rock L on L, recover on to R
7&8 Cross step L behind R, step R to R side, cross step L over R

R SIDE ROCK & CROSS, TRIPLE FULL TURN R, STEP ½ PIVOT STEP, TRIPLE FULL TURN R

1&2 Side rock on R to R side, recover on to L, cross step R over L
3&4 Triple full turn R traveling L on L, R, L
5&6 Step forward on R, pivot ½ turn L, step forward on R
7&8 Triple full turn R traveling forward on L, R, L

MAMBO FORWARD

1&2 Rock forward on R, rock back on L, step back on R
3&4 Step back on L, lock step R in front of L, step back on L
&5-6 Lock step R in front of L, step back on L, step back on R
7&8& Cross step L over R, turn ¼ L stepping back on R, dig L heel forward, step L next to R

REPEAT