

# 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

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