

Fire on Heels (aka Hell on Heels)

COPPER KNOB
STEPPERS

拍数: 32 墙数: 4 级数: High Beginner / Improver
编舞者: Earleen Wolford (USA) - October 2012
音乐: Hell On Heels - Pistol Annies



Start on lyrics, as soon as she says I'm Hell, you Start when she says the word "Hell..." about 24 secs in.

Other music: -

I'm Good (radio version) by Blaque (Honey CD);

Begin Again by Taylor Swift;

Good Life by OneRepublic;

Whistle by Flo Rida, All music available on iTunes.

2 SIDE HEEL TAP STEP MAMBOS: R SIDE, L SIDE, TOE SWITCHES R&L, R HEEL SWITCH, STEP L FORWARD

- 1 & Mambo step R foot to R side (1) (use hips), slightly lift up L foot (&)
- 2 & Tap R heel forward slightly over L (2), step down on R (&) (R take wt)
- 3 & Mambo step L foot to left side (3), (use hips), slightly lift up R foot (&)
- 4 & Tap L heel forward slightly crossing over R (4), Step down on L (&) (L take wt)
- 5&6& Touch R Toe to R (5), Step R next to L (&), Touch L Toe to L (6), Step L next to R (&)
- 7&,8 Touch R Heel Forward (7), Step R next to L (&), Step forward on L (8) (L take wt) (12:00)

WALK FORWARD, ROCK FORWARD, RECOVER, ½ TURN R, SYNCOPATED SAILOR STEPS ON DIAGONALS TO L & R, HOLD

- 9, 10 Walk R Forward (9), Walk L Forward (10)
- 11&12 Rock R forward (11), Recover on L (&), Turn ½ to R (12) (R takes wt)
- 13&14& Step L on slight diagonal to L (13), Step R slightly behind L (&), Step L to L (14), Step R to R (&)
- 15,&16& Step L on slight diagonal to L (15), Step R slightly behind L (&), Step L to L (16), Hold (&) (L wt) (6:00)

1/8 TURNS- L HEEL PADDLE & Hold 2X, JAZZ BOX CROSS

- 17-20 Turning 1/8 Turn to L, Tap R Heel out to R (17), Hold (18), Repeat (19,20) (L take wt)
- 21-24 Cross R over L (21), Step L small back on L (22), Step R to R (23), Cross L over R (24) (3:00)

Note: The jazz box is a cross L over R on count 24, get ready to do the weave to your R on counts below 25-28

WEAVE TO R, BIG STEP TO R, DRAG L TOE, STOMP L 2X

- 25-28 Step R to R (25), Step L behind R (26), Step R to R (27), Cross L over R (28) (L take wt)
- 29-32 Step R Big to R (29), Drag L toe slightly next to R (30), Stomp L next to R 2X, L takes weight (31,32) (3:00)

Begin again! - No Tags or Restarts.

Enjoy my dance and please feel free to use/try other music, both country and non country work!
"GottaDance"!

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