

Fire It Up

拍数: 64 墙数: 2 级数: Intermediate
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音乐: Fire It Up - Joe Cocker



(Start on vocals)

Sec 1: Walk forward R,L, kick ball step, rock forward, ½ turn shuffle forward right.

1 – 2 Walk forward right, left.
3&4 Kick right foot forward, step ball of right next to left, step left foot forward
5 – 6 Rock forward with right, recover back onto left (starting to turn ½ right)
7&8 ½ turn right and shuffle forward R,L,R. (12 o'clock)

Sec2: ¼ turn right, side, ball change behind, side, behind, ¼ turn shuffle forward, cross over, step back.

1 – 2 Make a ¼ turn right stepping left foot to the side, step ball of right behind left
&3 – 4 Step left foot on the spot, step right foot to the side, step left foot behind right.
5&6 ¼ turn right , shuffle forward R,L,R.
7 – 8 Cross left over right, step right foot back. (12 o'clock).

Sec 3: Side close, shuffle forward, rock forward, ½ turn shuffle forward.

1 – 2 Step left foot to the side, close right next to left.
3 & 4 Shuffle forward L,R,L .
5 – 6 Rock forward with right, recover back onto left (starting to turn ½ right).
7 & 8 ½ turn right and shuffle forward R,L,R. (6 o'clock).

Sec 4: ¼ turn shuffle, ½ turn shuffle, rock forward, coaster step.

1 & 2 Continue to turn ¼ turn right shuffle L,R,L.
3&4 ½ turn right shuffle R,LR.
5 – 6 Rock forward on left recover back onto right
7&8 Step left foot back, close right next to left, step left foot forward. (3 o'clock)

Sec 5: Dorothy step to right diagonal, shuffle (or lock forward), rock step, ¾ turn shuffle.

1 – 2 & Step right forward (right diagonal), lock left behind right, step right slightly to the side
3&4 Shuffle or lock step forward L,R,L (squaring to back face wall)
5 – 6 Rock forward onto right, recover back onto left making preparing to turn ¾ right
7&8 ¾ turn shuffle around to the right moving forward R,L,R to 12 oclock (12 o'clock).

Sec 6: Dorothy step to left diagonal, shuffle (or lock forward), rock step, ½ turn shuffle.

1 – 2 & Step left forward (left diagonal), lock right behind left, step left slightly to the side
3&4 Shuffle or lock step forward R,LR (squaring back to face wall)
5 – 6 Rock forward onto left, recover back onto right making preparing to turn ½ left
7&8 ½ turn shuffle around to the left L,R,L (6 o'clock).*** Restart here***

Sec 7: Full turn or walk forward, shuffle forward, rock forward, coaster step

1 – 2 Make a 1/2 turn left right foot back, ½ turn left, left foot forward (or walk forward no turn)
3&4 Shuffle forward R,L,R.
5 – 6 Rock forward on left recover back onto right
7&8 Step left foot back, close right next to left, step left foot forward. (6 o'clock).

Sec 8: Step, point, kick & point, Jazz Box

1 – 2 Step right foot forward, point left foot to the side
3&4 Kick left foot forward, step left foot next to right, point right foot to the side

5 – 6 Cross right over left, step left foot back.
7 – 8 Step right foot to the side, close left next to right (6 o'clock).

Restart on the 4th repetition of the dance after section 6.

Ending: To end facing the front on the last repetition turn count 7&8 of section 4 (coaster step) ¼ turn left

This dance is dedicated to a very special person in my life thank you for the inspiration xxx

Contact - Email dancead@hotmail.co.uk
