

Warm Feet

拍數: 32 牆數: 4 級數: Beginner
編舞者: Lisa McCammon (USA) - June 2015
音樂: Fire Under My Feet - Leona Lewis



Start after 16 counts, about 11 seconds in when you hear the piano chord the second time she sings "I got fire under my feet." NOTE: the music goes off phrase but returns, so Restarts are not necessary.
Counterclockwise rotation; start with weight on L - No Tags Or Restarts

Thanks to Judy McDonald for her feedback and suggestions, and to my students for their patience as this dance evolved.

[1-8] □ HEEL, HEEL, R MAMBO, HEEL, HEEL, L MAMBO

1-2 Touch R heel slightly forward twice
3&4 Rock R to side, recover weight to L, step R home
5-6 Touch L heel slightly forward twice
7&8 Rock L to side, recover weight to R, step L home

(Harder option: heel switches for 1&2& and 5&6&)

[9-16] □ STOMP, CLAP, STOMP, CLAP, STOMP-&-STEP, STOMP-&-STEP

1-2 Turning slightly to right diagonal, stomp R, clap
3-4 Turning slightly to left diagonal, stomp L, clap
(Harder option syncopated stomp-claps R&L&R&L& for 1&2&3&4& □
5&6 Turning R toes in, stomp R next to L, step onto L, step R to side (you're stepping RLR)
7&8 Turning L toes in, stomp L next to R, step onto R, step L to side (you're stepping LRL)

(Hint: for counts 5&6, 7&8, think cha-cha-cha, cha-cha-cha. Keep steps small and close together; I cue "stomp that bug, stomp that bug")

[17-24] □ CROSS ROCK, RECOVER, CHASSE RIGHT, CROSS ROCK, RECOVER, CHASSE LEFT TURNING 1/4

1-2 Cross rock R over L, recover weight L
3&4 Step R to side, step L home L, step R to side (open body slightly to right diagonal)
5-6 Cross rock L over R, recover weight R
7&8 Step L to side, step R home, turn left ¼ [9:00] stepping forward L

[25-32] □ FORWARD ROCK, RECOVER, COASTER STEP, FORWARD ROCK, RECOVER, COASTER STEP

1-2 Rock forward onto R, recover weight L
3&4 Step R back, step L home, step R forward
5-6 Rock forward onto L, recover weight R
7&8 Step L back, step R home, step L forward

(Harder option: triple 360 on coasters)

OPTIONAL ENDING: The last repetition starts at [6:00] with 16 counts left. The music fades a little so keep counting.

Dance through the first set, then substitute the following second set:

1-2 Step forward R, clap
3-4 Turn left ½ [12:00] taking weight onto L, clap
5&6&7 Stomp R to side, clap, stomp L to side, clap, stomp R to side (this hits the lyrics "Can't put out these flames")

*ALTERNATE MUSIC SUGGESTIONS (No Tags Or Restarts)

Ready For The Good Life by Paloma Faith; 102 bpm; 16 count intro

Head South by Neal McCoy; 102 bpm (counted half-time); 16 count intro

Lisa McCammon, dancinsfun@gmail.com and www.peterlisamcc.com. All rights reserved, June 4, 2015.
This step sheet is not authorized for publication on Kickit.
