

# 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

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