

Let's Get Fired Up

COPPER KNOB
STEPPERS

拍數: 56 牆數: 4 級數: Improver
編舞者: Sue Jennings (USA) - May 2023
音樂: Let's Get Fired Up - Travis Reigh



Intro 24 count-start on the lyrics

Sequence: full 56, first 24, full 56, first 24, 16-count bridge, last 32, first 52 with L open to the front on last count

[1-8] TOE HEEL STOMP, STEP LOCK, ½ CHASE TURN, SHUFFLE FORWARD

1&2 Touch R toe next to L, touch R heel slightly forward & stomp down on R
3&4 Step L forward, Lock R behind L, Step L forward
5&6 Step forward on R, Pivot ½ to L step forward on R
7&8 Shuffle forward LRL (facing 6:00)

[9-16] TOE HEEL STOMP, STEP LOCK, HEEL SWITCHES, ¼ PIVOT TURN

1&2 Touch R toe next to L, touch R heel slightly forward & stomp down on R
3&4 Step L forward, Lock R behind L, Step L forward
5&6& Touch R heel forward, &, Touch L heel forward, &
7-8 Step R forward, Pivot ¼ L (facing 3:00)

[17-24] R HEEL, L HEEL, R HEEL HOOK, L HEEL, R HEEL, L HEEL HOOK

1& Tap R heel forward, step R next to L
2& Tap L heel forward, step L next to R
3&4& Tap R heel forward, hook over L knee, tap R heel forward, step R next to L
5& Tap L heel forward, step L next to R
6& Tap R heel forward, step R next to L
7&8& Tap L heel forward, hook over R knee, tap L heel forward, step L next to R (facing 3:00)

Chorus: 16 counts – Dance this 16 count twice.

[25-32] R DIAGONAL STEP LOCK, L DIAGONAL STEP LOCK, SYNCOPATED V-STEP X 2

1&2 Step R diagonally forward, Lock L behind R Step R forward
3&4 Step L diagonally forward, Lock R behind L Step L forward
5&6& Step R forward to R diagonal, step L forward to L diagonal, step R back to center, step L beside R
7&8& Step R forward to R diagonal, step L forward to L diagonal, step R back to center, step L beside R (facing 3:00)

[33-40] WALK BACK, SYNCOPATED OUT/OUT/IN/IN X 2

1-4 Walk back R,L,R,L (Turning Option: 1-2 making 1/4 turn R x2, 3-4 walk back R, L)
5&6& Step R to R, step L to L, step R to center, step L to center
7&8& Step R to R, step L to L, step R to center, step L to center (facing 3:00)

[40-56] REPEAT 25-40 OF THE CHORUS

*Start dance again on Wall 2 (3:00), dance first 24 counts and Restart (facing 6:00)

BRIDGE – Starts facing 9:00 wall Dance first 24 counts, 16-count bridge (12:00), and finish last 32 counts of dance (12:00)

[1-16] SLOW ROCKING CHAIR, R HIP BUMPS X 2, ½ PIVOT, L HIP BUMPS X 2

1-4 Rock R forward, recover L, rock R back recover L
5&6 Step R forward, bump R hip forward x2, pivot ½ L
7&8 With L forward, bump L hip forward x2

Repeat 1-8

***RESTART NOTE:** First 24 count (facing 3:00) then Restart full 56 count (facing 6:00)

***BRIDGE NOTE:** (dance starts on 9:00 wall) Dance first 24 count of dance, then 16 count bridge (12:00), then finish last 32 count of dance (12:00)

***END OF DANCE:** Dance first 52 counts with last walk back open L to the front (12:00) on last count. Leave off the last OUT/OUT/IN/IN sequence (4 counts)
