

The Fire Inside

拍數: 48 牆數: 2 級數: Intermediate
編舞者: Ira Barie (INA) - December 2023
音樂: The Fire Inside (From The Original Motion Picture "Flamin' Hot") - Becky G.



I. BOTAFOGO L, CROSS, SIDE, ½ TURN R, SIDE, CROSS, SIDE, TOUCH, TOGETHER, CROSS, SIDE, TOUCH

1&2 Cross LF over RF, step RF to side, step LF in place
3&4 Cross RF over LF, ¼ turn L stepping LF backward, ¼ turn R stepping RF to side
5&6& Cross LF over RF, step RF to side, point on LF diagonally forward, step LF together RF
7&8& Cross RF over LF, step LF to side, point on RF diagonally forward, step RF together LF (6 o'clock)

II. CROSS, HOLD, CROSS SHUFFLE, ½ R DIAMOND

12& Cross LF over RF, hold, step RF to side
3&4 Cross LF over RF, step RF to side, cross LF over RF (body angle 7.30)
5&6 Cross RF over LF, 1/8 turn R stepping LF to side, step RF backward
7&8 Step LF backward, 1/8 turn R stepping RF to side, ¼ turn R stepping LF forward (1.30 o'clock)

III. BACKWARD, HOLD, TOGETHER, WALK, WALK, WALK, LOCK, WALK, WALK, MAMBO FWD R

12& Take a big step RF backward, hold, step LF together RF
34& Step RF forward, step LF forward, step RF forward
5&6 Step LF behind RF, step RF forward, step LF forward
7&8 Step RF forward, step LF in place, step RF backward (1.30 o'clock)

IV. MAMBO BACKWARD L, 1/8 TURN L MAMBO CROSS, FORWARD ½ TURN R, FORWARD ¼ TURN R

1&2 Step LF backward, step RF in place, step LF forward
3&4 ¼ turn L stepping RF to side, step LF in place, step RF cross over LF
5-6 Step LF forward, ½ turn R (weight on RF) (6 o'clock)
7-8 Step LF forward, ¼ turn R (weight on RF) (9 o'clock)

V. SYNCOPATED BASIC MAMBO L, SYNCOPATED BASIC MAMBO R

1&2& Step LF forward, step RF in place, step LF backward, step RF in place
3&4 Step LF to side, step RF in place, step LF beside RF
5&6& Step RF forward, step LF in place, step RF backward, step LF in place
7&8 Step RF to side, step LF in place, step RF forward

VI. FORWARD, RECOVER, ½ TURN L, ½ TURN L, BACK SHUFFLE, COASTER STEP, FORWARD SHUFFLE

1&2 Step LF forward, recover on RF, ½ turn L stepping LF forward
3&4 ½ turn L stepping RF backward, step LF beside RF, step RF backward
5&6 Step LF backward, step RF beside LF, step LF forward
7&8 Step RF forward, step LF beside RF, step LF forward

Note : to continue the next wall, do ¼ turn L

Enjoy the dance ☐