

Fire It Up

COPPER KNOB
STEPSHEETS

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Keith Williams (USA)
音樂: Start the Commotion - The Wiseguys



The dance can be started wherever you want in the music, BUT the best place to start is actually 12 counts of 8, (approx. 52 seconds into the song). You can't miss it. The heavy drum beats set it off.

TRIPLE STEP TO THE LEFT SIDE, ROCK STEP, TRIPLE STEP TO THE RIGHT SIDE, ROCK STEP

1&2 Step left to the left, step right next to left, step left to the left
3-4 Rock back on right, recover on the left
5&6 Step right to the right, step left next to right, step right to the right
7-8 Rock back on left, recover on the right (weight ends up on the right)

ROCK STEP WITH ¼ TURN TO LEFT, LEFT COASTER STEP, HALF TURN OVER LEFT SHOULDER, SCUFF HITCH STOMP

1-2 Rock forward onto left with a ¼ to the left, recover on the right
3&4 Step left back, bring right next to left, step left forward
5-6 Step right forward, pivot ½ turn over left shoulder
7&8 Scuff right heel forward, stomp right foot in front (weight ends up on left)

TOUCH RIGHT FRONT, TOUCH RIGHT SIDE, RIGHT SAILOR, TOUCH LEFT FRONT, TOUCH LEFT SIDE, LEFT SAILOR

1-2 Touch right toe in front (your foot is already out in front from the last move, just pick it up and put it down again), touch right toe out to the right side
3&4 Step right behind the left, step left to the left, step right to the right
5-6 Touch left toe in front, touch left toe to the left side
7&8 Step left behind the right, step right to the right, step left to the left

HEEL SWITCHES, KNEE ROLL WITH ¼ TURN TO THE RIGHT

1&2& Touch right heel forward, bring right back next to left, touch left heel forward, bring left back next to right
3-4 Starting with the instep of the right foot, roll the right knee from left to right, doing a ¼ turn to the right (weight ends up on left)
5&6& Touch right heel forward, bring right back next to left, touch left heel forward, bring left back next to right
7-8 Starting with the instep of the right foot, roll the right knee from left to right, doing a ¼ turn to the right (weight ends up on right)

STEP, STEP, STEP, FULL SPIN, TRIPLE STEP, TOUCH RIGHT TOE TO THE RIGHT, CROSS RIGHT OVER LEFT

1-2-3 Step left foot to the left, step right foot behind left, step left foot to the left doing a ¼ turn to left
4 Full spin pivoting on the right foot

Anyone not wanting to spin can simply walk through this spin without spinning, and still end up with weight on the right foot

5&6 Step left foot forward, bring right foot next to the left, step left foot forward
7-8 Touch right toe out to the right, step right over left

TOUCH LEFT TOE TO THE LEFT, CROSS LEFT OVER RIGHT, RIGHT HEEL FORWARD, TOUCH RIGHT TOE BACK, PIVOT A ½ TURN OVER RIGHT SHOULDER, SCUFF LEFT HITCH STOMP, TOUCH LEFT TOE TO THE LEFT

1-2 Touch left toe to the left side, cross left foot over right
3-4 Put right heel out in front, touch right toe back

- 5 Pivot a ½ turn over the right shoulder
6&7-8 Scuff left heel forward, stomp left foot in front, touch left toe out to the left side

½ TURN OVER RIGHT SHOULDER (PIVOTING ON THE RIGHT FOOT), STOMP LEFT FOOT, RIGHT CROSS ROCK, TRIPLE STEP WITH ¼ TO THE RIGHT

- 1-2-3 Lift the left foot up and hold up while doing a ½ turn over the right shoulder for counts 1-3
4 Stomp left foot forward
5-6 Cross right foot over the left, rocking forward onto the right, recover back onto the left
7&8 Turn ¼ right and step right foot forward, step left foot next to right, step right foot forward

STOMP, CLAP, STOMP, CLAP, OUT OUT, IN IN, OUT OUT, IN IN

- 1-2 Stomp left foot forward, clap
3-4 Stomp right foot forward, clap
&5&6 Step left foot to the left side, step right foot to the right side, step left foot back at center, step right foot back at center

While doing these steps, you will be stepping backwards

- &7&8 Step left foot to the left side, step right foot to the right side, step left foot back at center, step right foot back at center

While doing these steps, you will be stepping backwards

REPEAT
