

# The Fire Within

**COPPER KNOB**  
STEPSHEETS

拍數: 48      牆數: 4      級數: Intermediate  
編舞者: Bob Bonett (USA)  
音樂: The World's Greatest - R. Kelly



Inspired by and dedicated to the worlds Olympians; all of them champions.

## STEP FORWARD WITH BUMPS, STEP PIVOT ½ SHUFFLE FORWARD

1&2      Step forward on left bump hips left right left  
3&4      Step forward on right bump hips right left right  
5-6      Step forward on left pivot ½ turn to right (weight on right)  
7&8      Shuffle forward left right left

## ROCK & CROSS, ROCK & CROSS, SHUFFLE BACK DIAGONAL, SHUFFLE BACK DIAGONAL

9&10      Rock to right, recover on left, cross right over left  
11&12      Rock to left recover on right, cross left over right  
13&14      Shuffle diagonally back right left right  
15&16      Shuffle diagonally back left right left

## SKATE RIGHT WITH SHUFFLES, SKATE LEFT WITH SHUFFLES

17-18      Skate diagonally forward to right on right, skate diagonally forward to left on left  
19&20      Shuffle diagonally forward to right (right, left, right)  
21-22      Skate diagonally forward to left on left, skate diagonally forward to right on right  
23&24      Shuffle diagonally forward to left (left, right, left)

## ROCK RECOVER ½ TURN SHUFFLE, ROCK RECOVER ½ TURN SHUFFLE

25-26      Rock forward on right recover on left  
27&28      ½ turn shuffle right left right  
29-30      Rock forward on left recover on right  
31&32      ½ turn shuffle left right left

## CROSS ROCK STEP, CROSS ROCK STEP, HEEL JACK, HEEL JACK

33&34      Rock right over left, recover on left, step right to side  
35&36      Rock left over right, recover on right, step left to side  
&37&38      Step back on right, touch left heel forward, step left next to right, step right next to left  
&39&40      Step back on left touch right heel forward, step right next to left step left next to right

## STEP ½ PIVOT, ¼ TURN SHUFFLE, SYNCOPATED WEAVE, SIDE SHUFFLE

41-42      Step forward on right, pivot ½ to left (weight on left)  
43&44      Step forward right with ¼ turn side shuffle  
45&46      Step left behind right step right to side, cross left over right  
47&48      Side shuffle to right (right, left, right)

**REPEAT**