

# Fired Up!

拍數: 32      牆數: 4      級數: Improver  
編舞者: Lesley Michel (UK) & Paul Michel (UK)  
音樂: All Fired Up - Dan Seals



## 2 X TOE HEEL CROSS HOLD, RIGHT LOCK STEP BACK, FULL TURN

- 1&2&      With weight on left foot, touch right toe to left foot, touch right heel to left foot, cross right over left, hold (clap)  
3&4&      Touch left toe to right foot, touch left heel to right foot, cross left over right, hold (clap)  
5&6      Step back on right, cross left over right, step back on right  
7&8      Full turn over left shoulder (left right left)

## 2 X LOCK STEPS, ¼ TURN SYNCOPATED TOE STRUT JAZZ BOX

- 9&10&      Step forward right, lock left behind right, step forward right, scuff left foot  
11&12&      Step left forward, lock right behind left, step forward left, scuff right forward  
13&14&      Cross right toe over left and place heel to floor, step back on left making ¼ turn to right  
15&16&      Place left heel to floor, step right toe to right side and place right heel to floor, step left toe to right foot and place heel to floor (weight onto left foot)

## RIGHT TOE TOUCHES, SAILOR STEP, LEFT TOE TOUCHES, SAILOR STEPS

- 17&18      Touch right toe to right side, touch right toe to left foot, touch right toe to right side  
19&20      Step right behind left, step onto left, replace weight to right  
21&22      Touch left toe to left side, touch left toe to right foot, touch toe to left side  
23&24      Step left behind right, step onto right, replace weight to left

## 2 X ½ TURN PIVOTS, GRAPEVINE RIGHT, STEP TURN STEP

- 25-26      Step forward on right, ½ turn over left shoulder, replace weight onto left  
27-28      Step forward on right, ½ turn over left shoulder, replace weight onto left  
29&30&      Step right to right side, step left behind right, step right to right side, touch left to right foot (clap)  
31&32      Step forward on left, ½ turn over right shoulder, step forward on left (clap)

**REPEAT**

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