

Flaming Feet

拍數: 56 牆數: 4 級數: Intermediate
編舞者: Charlie Bowring (UK)
音樂: Celtic Fire - Ronan Hardiman



FORWARD MASHED POTATO STEP, STEP ½ TURN STEP ¼ TURN

- & Split heels
- 1 Slide right foot forward closing heels
- & Split heels
- 2 Slide left foot forward closing heels
- &3&4 Repeat counts &1&2
- 5 Step right foot forward
- 6 Pivot ½ turn left
- 7 Step right foot forward
- 8 Pivot ¼ turn left

SWAYS & SIDE SHUFFLES

- & Hitch right across left
- 9 Step right to right, swaying hips right
- 10 Sway hips left
- 11&12 Shuffle to right side (right-left-right)
- &13-16 Mirror with left

RIGHT & LEFT SAILOR STEP, CROSS UNWIND ½ TURN STEP ¼ TURN

- 17&18 Right sailor step
- 19&20 Left sailor step
- 21 Cross right behind left
- 22 Unwind ½ turn right
- 23 Step left foot forward
- 24 Pivot ¼ turn right (ending with weight on right)

MAMBO & TRAVELING APPLEJACK LEFT

- 25 Rock forward on to left
- & Recover on to right
- 26 Rock back on to left
- 27 Rock back on to right
- & Recover on to left
- 28 Stomp right foot place
- 29 With weight on left heel, and right toes . Move unweighted toe and heel to left
- 30 Transfer weight on to left toes, and right heel. Move unweighted toe and heel to left
- 31 Transfer weight on to left heel, and right toes. Move unweighted toe and heel to left
- & Transfer weight on to left toes, and right heel. Move unweighted toe and heel to left
- 32 Transfer weight on to left heel, and right toes. Move unweighted toe and heel to left (weight now on left)

RIGHT VINE, SHUFFLE, SWITCHES & DOUBLE TIME CROSS

- 33 Step right to right side (stepping off on heel of foot)
- 34 Cross left behind right
- 35&36 Shuffle to right side (right-left-right)
- 37 Touch left heel forward
- & Step left foot in place

38 Touch right heel forward
& Step right foot in place
39 Touch left heel forward
& Hook right foot over left shin
40 Touch left heel forward
& Hook right foot over left shin
41-48& Mirror counts 33 - 40& starting with left

RIGHT GRIND ½ TURN, COASTER STEP. LEFT GRIND ¼ TURN, COASTER STEP

49 Step right heel forward turning toes in
50 Grind heel ¼ right, stepping back on left foot
51&52 Right coaster step
53 Step left heel forward turning toes in
54 Grind heel ½ left, stepping back on right foot
55&56 Left coaster step

REPEAT
