

All Fired Up

COPPERKNOB
STEPSHEETS

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Kevin Smith (AUS) & Maria Smith (AUS)
音樂: All Fired Up - Dan Seals



STEP, SCUFF, STEP, SCUFF, STEP, SCUFF, STEP, TOUCH WITH CLAPS

1-4 Step right to side, scuff left foot with clap, step left to side, scuff right foot with clap
5-8 Repeat above 4 counts

STEP BACK RIGHT, LEFT, KICK RIGHT FOOT TWICE, STEP BACK RIGHT, LEFT, KICK RIGHT FOOT TWICE

1-4 Step right back, step left back, kick right foot twice
5-8 Repeat above 4 counts

ROCK BACK, FORWARD, STEP, HOLD, STEP FORWARD, ½ TURN, ¼ TURN, HOLD

1-4 Rock right back, rock left forward, step right forward, hold
5-8 Step left forward, ½ turn right take weight right, ¼ turn right step left to side, hold

VINE RIGHT, TOUCH, TURNING VINE LEFT 1 ¼, TOGETHER

1-4 Vine right step right, left, right, touch left next right
5-8 Turning vine left 1 ¼ stepping left, right, left, step right together (alternate step; vine left with ¼ turn left)

JUMP OUT, CROSS, OUT, HOLD, CROSS, OUT, TOGETHER, HOLD

1-4 Jump both feet apart, jump both feet crossing right over left, jump both feet apart, hold
5-8 Jump both feet crossing right over left, jump both feet apart, jump both feet together, hold

Alternate steps for those dancer who do not like to jump:

1& Touch left heel forward, step left next right
2& Touch right heel forward, step right next left
3-4 Touch left to side, hold
& Step left next right
5& Touch right heel forward, step right next left
6& Touch left heel forward, step left next right
7-8 Point right to side, hold

VINE RIGHT, TOGETHER, HEELS OUT, TOES OUT, TOES TOGETHER, HEELS TOGETHER

1-4 Vine right step right, left, right, step left together
5-8 Fan both heels out, fan both toes out, fan toes together, fan heels together

LEFT BRUSH UP, VINE LEFT, TOGETHER

1-4 Touch left heel 45 degrees, brush left heel up in front right knee, touch left heel 45 degrees, touch left next right
5-8 Vine left stepping left, right, left, step right next left

FAN BOTH HEELS OUT, TOES OUT, FAN TOES IN, HEELS IN, RIGHT BRUSH UP

1-4 Fan both heels out, fan both toes out, fan both toes together, fan heels together
5-8 Touch right heel 45 degrees, brush right heel up in front left knee, touch right heel forward 45 degrees, touch right next left

REPEAT