

On Fire

拍數: 48 牆數: 4 級數: Phrased Intermediate
編舞者: Ria Vos (NL) - June 2011
音樂: On Fire - CrossFire : (Single)



Intro: 36 counts (17 sec.) - Phrasing: B,B,A,A,A-restart,A,B,B,A,A,A,B,B,A,A

Part A: (32 counts)

Rock Fwd, Shuffle ½ Turn R, Step Fwd, ¼ Turn L, L Sailor Step

1-2 Rock Fwd on R, Recover on L
3&4 Shuffle ½ Turn Right Stepping R,L,R
5-6 Step Fwd on L, ¼ Turn Left Step R to Right Side
7&8 Step L Behind R, Step R to Right Side, Step L to Left Side

Cross, Paddle ½ Turn R, Cross, Point, Point, Hitch Ball-Cross

1 Cross R Over L
&2&3 Hitch L Turning ¼ Turn Right on R, Point L to Left Side, Repeat
4 Cross L Over R
5-6 Point R to Right Side, Point R Back
7&8 Hitch R, Step on Ball of R Next to L, Cross R Over L

***Restart Point 3rd 'A'

Side Rock, & Side Rock, Chasse ¼ Turn L, Pivot ½ Turn L

1-2& Rock R to Right Side, Recover on L, Step R Next to L
3-4 Rock L to Left Side, Recover on R
5&6 Step L to Left Side, Step R Next to L, ¼ Turn Left Step Fwd on L
7-8 Step Fwd on R, Pivot ½ Turn Left

R Step, Swivel, L Step, Swivel, Kick-Ball-Step, Pivot ¼ Turn L

1&2 Step Fwd on R, Swivel Both Heels Right, Recover Heels (weight on R)
3&4 Step Fwd on L, Swivel Both Heels Left, Recover Heels (weight on L)
5&6 Kick R Fwd, Step on Ball of R Next to L, Step Fwd on L
7-8 Step Fwd on R, Pivot ¼ Turn Left

Part B: (16 counts)

Rocking Chair, Pivot ¼ Turn L x2

1-2 Rock Fwd on R, Recover on L
3-4 Rock Back on R, Recover on L
5-6 Step Fwd on R, Pivot ¼ Turn Left (use your hips!)
7-8 Step Fwd on R, Pivot ¼ Turn Left (use your hips!)

Jazz Box, Out-Out, Hips/Shake

1-4 Cross R Over L, Step Back on L, Step R to R Side, Step Fwd on L
(Shake Shoulders on the Jazz Box)
5-6 Step Out on R, Step Out on L
7-8 Roll or Bump Hips and Shake Shoulders

***Restart: On 3rd 'A' after count 16 (3:00)

Ending: Count 32: Pivot ½ Turn L (instead of ¼) turn another ½ Turn L stepping back on R.

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