Fire It Up

級數: Beginner



拍數: 48

牆數:4 編舞者: Don Pascual (FR) - January 2013

音樂: Fire It Up! - Rob Rio

Start after 16 counts	
Section 1: Kick	R, behind, side, cross, L side toe strut , R cross toe strut
1-4	R Kick (R diagonal), Step R behind L, step L to L side, cross R over L
5-8	L toe to L side, drop L heel, cross R toe over L, drop R heel
Section 2: Kick	L, behind, side, cross, R side toe strut , L cross toe strut
1-4	L Kick (L diagonal), Step L behind R, step R to R side, cross L over R
5-8	R toe to R side, drop R heel, cross L toe over R, drop L heel
Section3: Point	R to the R, touch R beside L, point R to the R, together, swivel in place x4
1-4	Point R to R side, touch R beside L, point R to R side, step R beside L
5-8	4 swivels in place (swivel heels to the L, R, L, R)
Section 4: L sid	e syncopated jump, clap, L side syncopated jump, clap, swivel in place x4
&1-2	L side syncopated jump (step L to the L, step R beside L ending weight on R), clap
&3-4	L side syncopated jump (step L to the L, step R beside L ending weight on R), clap
5-8	4 swivels in place (swivel heels to the L, R, L, R)
Section 5: R he	el grind fwd, L heel grind fwd, jazz box with ¼ T to the R
1-2	Dig R heel forward (toes pointing left), grind heel faning toes Right (ending weight on R)
3-4	Dig L heel forward (toes pointing right), grind heel faning toes Left (ending weight on L)
5-8	Cross R over L, step L behind, ¼ Turn to the R and step R to R side, step L forward
1-2 3-6 7-8	R, together, double knee pop x2, stomp up L, stomp L R kick (R diagonal), step R beside L Double knee pop (push knees forward lifting heels, drop heels) x2 Stomp up L beside R, stomp L beside R s 3 and 5, push your knees forward on diagonals
Final: End of 11th wall, replace the last two counts with a swivel with a ¼ T to the right, ending facing 12h00	
Have fun with this dance!!	
Contact: countryscal@orange.fr	