

She's on Fire

COPPER KNOB
BY STEPHEN

拍數: 48
牆數: 2
編舞者: Niels Poulsen (DK) - August 2014
音樂: She's On Fire - Bo Saris

級數: Intermediate / Advanced WCS



Intro: 16 count intro (9 secs. into track). Start with weight on L foot

#1 Tag: After 40 counts on wall 4, facing 1:30. Square up to 12:00 and then add your tag

#1 Restart: After 40 counts on wall 6, facing 7:30. Restart at this point turning 3/8 R

Phrasing Intro, 48, 48, 48, 40, Tag (32), 40, 41.

Styling tip: Take small steps when doing all your fast syncopated steps. It gives you time to do them!... □

[1 – 8] Turn ½ R, cross shuffle, syncopated rock ¼ L, walk R, L & R heel switches

- 1 – 2 Turn ¼ R stepping onto R (1), spin ¼ R on R bringing L foot next to R (2) 6:00
3&4 Cross L over R (3), step R to R side (&), cross L over R (4) 6:00
&5 – 6 Rock R to R side (&), recover on L turning ¼ L onto L foot (5), walk fwd on R (6) 3:00
7&8& Touch L heel fwd (7), step L next to R (&), touch R heel fwd (8), step R next to L (&) 3:00

[9 – 16] Big step fwd L, stomp together, heel twists, back ball step, rock & pop, ball step, walk L

- 1 – 2 Step a big step fwd on L starting to drag R towards L (1), stomp R next to L (2) 3:00
3&4 Place L foot fwd (3), twist both heels L (&) twist heels back to centre with weight on R (4) 3:00
&5 – 6 Step L back L (&), step R back (5), rock L back & lift R heel off the floor popping R knee fwd (6) 3:00
7&8& Recover fwd on R (7), step fwd on L (&), step R next to L (8), walk fwd on L (&) 3:00

[17 – 24] Step ¼ L flick, weave into back rock, side R, touch behind, syncopated turning vine

- 1 – 2 Step fwd on R (1), turn ¼ L onto L flicking R slightly to R side (2) 12:00
3&4& Cross R over L (3), step L to L side (&), rock back on R (4), recover fwd on L (&) 12:00
5 – 6 Step R to R side (5), touch L behind R snapping R to R side and looking R (6) 12:00
7&8& Look fwd again stepping L to L side (7), cross R behind L (&) turn ¼ L stepping fwd on L (8), step R next to L (&) 12:00

[25 – 32] ¼ L into kick, cross lock, coaster cross, tap press, push back, behind side cross side

- 1 – 2 Turn ¼ L onto L sweep kicking R fwd (1), cross R over L in a locked position (2) 6:00
3&4 Step back on L (3), step R next to L (&), cross L over R (4) 6:00
&5 – 6 Turn 1/8 R tapping R slightly fwd (&), press R fwd (5), recover on L pushing your bum back (6) 7:30
7&8& Step back on R (7), turn 1/8 L stepping L to L side (&), cross R over L (8), step L to L side (&) 6:00

[33 – 40] R jazz box, diagonal fwd R on L, fwd R coaster step, back L, R coaster step, fwd L

- 1 – 4 Cross R over L (1), step back on L (2), step R to R side (3), cross L over R turning 1/8 R (4) 7:30
5&6& Step R fwd on L (5), step L next to R (&), step back on R (6), step back on L (&) 7:30
7&8& Step back on R (7), step L next to R (&), step fwd on R (8), step fwd on L (&) * Tag on wall 4
+

Restart on wall 6 + Ending on wall 7. NOTE: take SMALL steps on counts 5&6&7&8& [7:30]

[41 – 48] 3/8 R spin, L samba step, 2 low cross kicks, ½ turn run around R

- 1 – 2 Turn 1/8 R stepping fwd on R (1), spin ¼ R on R bringing L foot next to R (2) 12:00
3&4 Cross L over R (3), rock R to R side (&), recover weight to L (4) 12:00
5&6& Kick R low over L (5), step R to R side (&), kick L low over R (6), step L to L side (&) 12:00

7&8& Cross R over L (7), turn ¼ R back on L (&), step R a ¼ R to R side (8) cross L over R (&)
6:00

Start again! And enjoy the COOL music...

TAG!: The music changes after 32 counts on wall 4. This means you have a 32 count Tag.

Normally you would be facing 1:30 at this point but when doing the Tag you square up to 12:00. The Tag:

[1 – 8] Walk fwd R, drag, walk L, drag, step turn step, drag

1 – 4 Walk fwd R (1), drag L next to (2), walk fwd L (3), drag R next to L (4) 12:00

5 – 8 Step fwd on R (5), turn ½ L onto L (6), step fwd on R (7), drag L next to R (8) 6:00

[9 – 16] Walk L, drag, walk R, drag, step turn step, sweep

1 – 4 Walk fwd on L (1), drag R next to L (2), walk fwd on R (3), drag L next to R (4) 6:00

5 – 8 Step fwd on L (5), turn ½ R onto R (6), step fwd on L (7), sweep R fwd (8) 12:00

[17 – 25] R jazz box, cross, R side rock, weave

1 – 4 Cross R over L (1), step back on L (2), step R to R side (3), cross L over R (4) 12:00

5 – 9 Rock R to R (5), recover on L (6), cross R over L (7), step L to L side (8), cross R behind L (9) 12:00

[26 – 32] ¼ L, step ½ L, step ¼ L, jazz box, cross

2 – 6 Turn ¼ L onto L (2), step R fwd (3), turn ½ L onto L (4), step R fwd (5), turn ¼ L onto L (6)
12:00

7&8& Cross R over L (7), step back on L (&), step R to R side (8), cross L over R (&) 12:00

Ending: Wall 7 is your last wall (starts at 6:00).

When doing your R back coaster step on counts 39&40 you square up to 12:00 ending with a big step fwd on R dragging L towards R on count 41. [12:00]

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