|  |  |
| --- | --- |
| Warm Feet |  |

.

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| . | | | | | | |
| **Count:** | 32 | **Wall:** | 4 | **Level:** | Beginner | . |
| **Choreographer:** | Lisa McCammon (USA) - June 2015 | | | | |
| **Music:** | Fire Under My Feet - Leona Lewis | | | | |
| . | | | | | | |

**Start after 16 counts, about 11 seconds in when you hear the piano chord the second time she sings "I got fire under my feet." NOTE: the music goes off phrase but returns, so Restarts are not necessary.**

**Counterclockwise rotation; start with weight on L - No Tags Or Restarts**

**Thanks to Judy McDonald for her feedback and suggestions, and to my students for their patience as this dance evolved.**

**[1-8] HEEL, HEEL, R MAMBO, HEEL, HEEL, L MAMBO**

|  |  |
| --- | --- |
| 1-2 | Touch R heel slightly forward twice |

|  |  |
| --- | --- |
| 3&4 | Rock R to side, recover weight to L, step R home |

|  |  |
| --- | --- |
| 5-6 | Touch L heel slightly forward twice |

|  |  |
| --- | --- |
| 7&8 | Rock L to side, recover weight to R, step L home |

**(Harder option: heel switches for 1&2& and 5&6&)**

**[9-16] STOMP, CLAP, STOMP, CLAP, STOMP-&-STEP,STOMP-&-STEP**

|  |  |
| --- | --- |
| 1-2 | Turning slightly to right diagonal, stomp R, clap |

|  |  |
| --- | --- |
| 3-4 | Turning slightly to left diagonal, stomp L, clap |

**(Harder option syncopated stomp-claps R&L&R&L& for 1&2&3&4&**

|  |  |
| --- | --- |
| 5&6 | Turning R toes in, stomp R next to L, step onto L, step R to side (you're stepping RLR) |

|  |  |
| --- | --- |
| 7&8 | Turning L toes in, stomp L next to R, step onto R, step L to side (you're stepping LRL) |

**(Hint: for counts 5&6, 7&8, think cha-cha-cha, cha-cha-cha. Keep steps small and close together; I cue "stomp that bug, stomp that bug")**

**[17-24] CROSS ROCK, RECOVER, CHASSE RIGHT, CROSS ROCK, RECOVER, CHASSE LEFT TURNING 1/4**

|  |  |
| --- | --- |
| 1-2 | Cross rock R over L, recover weight L |

|  |  |
| --- | --- |
| 3&4 | Step R to side, step L home L, step R to side (open body slightly to right diagonal) |

|  |  |
| --- | --- |
| 5-6 | Cross rock L over R, recover weight R |

|  |  |
| --- | --- |
| 7&8 | Step L to side, step R home, turn left ¼ [9:00] stepping forward L |

**[25-32] FORWARD ROCK, RECOVER, COASTER STEP, FORWARD ROCK, RECOVER, COASTER STEP**

|  |  |
| --- | --- |
| 1-2 | Rock forward onto R, recover weight L |

|  |  |
| --- | --- |
| 3&4 | Step R back, step L home, step R forward |

|  |  |
| --- | --- |
| 5-6 | Rock forward onto L, recover weight R |

|  |  |
| --- | --- |
| 7&8 | Step L back, step R home, step L forward |

**(Harder option: triple 360 on coasters)**

**OPTIONAL ENDING: The last repetition starts at [6:00] with 16 counts left. The music fades a little so keep counting.**

**Dance through the first set, then substitute the following second set:**

|  |  |
| --- | --- |
| 1-2 | Step forward R, clap |

|  |  |
| --- | --- |
| 3-4 | Turn left ½ [12:00] taking weight onto L, clap |

|  |  |
| --- | --- |
| 5&6&7 | Stomp R to side, clap, stomp L to side, clap, stomp R to side (this hits the lyrics "Can't put out these flames") |

**\*ALTERNATE MUSIC SUGGESTIONS (No Tags Or Restarts)**

**Ready For The Good Life by Paloma Faith; 102 bpm; 16 count intro**

**Head South by Neal McCoy; 102 bpm (counted half-time); 16 count intro**

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