拍數： 32
㟨數： 4
級數：Improver
編舞者：Adrian Churm（UK）－April 2015
音樂：Fuel On the Fire－The Running Roots
\＃20 sec intro（36 counts）
Sec 1：$\square$ Walk forward，side ball step rock，across，side，behind，triple cross over．
1－2 Walk forward right，left．
\＆3 Step to the side with ball of right foot，recover weight onto left．
4 Step right across left
5－6 Step left to the side，step right behind left
\＆7\＆8 Step ball of left to the side，step right across left，step ball of left to the side，step right across left．

Sec 2：$\square$ Side rock，recover，behind，side，across，side switches，heel switches．
1－2 Rock left foot to the side，recover onto right
$3 \& 4$ Step left behind right，step right to the side，step left across right．
5\＆6\＆Touch right to the side，close right next to left，touch left to the side，close left next to right．
7\＆8\＆Touch right heel forward，close right next to left，touch left heel forward，close left next to right．

Sec 3：$\square$ Pivot turn left，shuffle forward，pivot turn right， $1 / 2$ turn shuffle around to the right．
1－2 Step right foot forward，make a $1 / 2$ turn left．
3\＆4 Shuffle forward（right，left，right）．
5－6 Step left foot forward，make a $1 / 2$ turn right
$7 \& 8 \quad$ Make a $1 / 2$ turn shuffle around to the right（left，right，left）．
Sec 4：口Back rock，recover，kick ball step，heel \＆toe switches making $1 / 4$ turn left．
1－2 Rock back onto right，recover forward onto left．
3\＆4 Kick right foot forward，step ball of right next to left，small step forward with left．
5\＆6 Touch right heel forward，close right next to left，Touch left next to right（starting to turn $1 / 4$ left）．
\＆7\＆8 Step onto Left，touch right next to left，step onto right（completing $1 / 4$ turn left）touch left heel forward．
\＆$\quad$ Close left next to right．（you will of made a $1 / 4$ turn left over counts 5－8）．

## Tags：－

End of wall 2 facing 6 o clock
Cross right over left，step left foot back，step right to the side，small step forward with left （jazz Box）

End of wall 4 facing 120 clock \＆wall 6 facing 6 o clock
1－4 Cross right over left，step left foot back，step right to the side，small step forward with left （jazz Box）
5－8 Repeat1－4
Ending to finish facing the front（optional）
After counts $3 \& 4$ on wall 8 （ 9 o clock） $1 / 4$ Monterey turn to the right．
1－4 point right to the side，make $1 / 4$ turn right as right closes to left，point left to the side，close left．

Optional styling addition counts 5－8\＆on section 2 （side \＆heel switches），when facing 3 oclock and 9 oclock walls on the lyrics＂one day your gonna fly＂gently flap your arms as you slowly and gracefully raise them to
the side.

