

I'm On Fire (CBA4LDF)

COPPER KNOB
STEPPERS

拍數: 32 牆數: 4 級數: Improver
編舞者: Debbie Mabbs (UK) & Lorraine Monahan (UK) - January 2024
音樂: I'm On Fire (feat. London Community Gospel Choir) - Beverley Knight



Intro: 16 Counts. Start at approx 10 secs.

SEC 1 CHARLESTON STEP, STEP PIVOT ½ STEP, SHUFFLE TRIPLE ½ TURN

- 1-2 Swing right forward, Swing right back weight on right
- 3-4 Swing left back, Swing left forward weight on left
- 5-6 Step forward on right, Pivot ½ left on left (6:00)
- 7&8 Step ¼ back on right, Step ¼ left besides right, Step back on right (12:00)

Restart Here on Wall 4, switch weight to left then restart

SEC 2 LOCK STEP BACK, SAILOR ½, BOOGIE RUNS, ROCKING CHAIR

- 1&2 Step back on left, Lock right across left, Step back on left
- 3&4 Step ½ right behind left, Step left to left side, Step right in place (6:00)
- 5 Step forward on left (Let both knees bend and lean slightly to Left)
- & Step forward on right (Let both knees bend and lean slightly to Right)
- 6 Step forward on left (Let both knees bend and lean slightly to Left)
- 7& Rock forward on right, Replace weight on left
- 8& Rock back on right, Replace weight on left

SEC 3 K STEP, RUN ½, KICK CROSS, ROCK RECOVER

- 1& Step forward on right to right diagonal, Touch left next to right (Clap)
- 2& Step back on left, Touch right next to left (Clap)
- 3& Step back on right to back right diagonal, Touch left next to right (Clap)
- 4& Step forward on left, Touch right next to left (Clap)
- 5&6 ¼ turn left step forward on right, ¼ turn left step forward on left, step forward on right (12:00)
- 7&8& Kick left forward, Cross left across right, Rock out to the right side, Recover on left

SEC 4 JAZZ BOX ¼, MONTEREY ½, POINT OUT IN, HIP BUMP

- 1-2 Cross right across left, ¼ turn right step left back (3:00)
- 3-4 Step right to right side, Cross left across right
- 5& Touch right toe to right side, Make ½ turn right by bringing right back to place and stepping onto it (9:00)
- 6& Touch left toe out to left side, Step left next to right
- 7&8& Point right toe to right side, Touch right toe back in place, Right hip bump up, Right Hip Bump down

Enjoy & Have Fun

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