

# Fired Up

拍數: 64      牆數: 2      級數: Intermediate  
編舞者: Neville Fitzgerald (UK) & Julie Harris (UK) - February 2025  
音樂: Fired Up - Nic Hanson



Start.. 32 Count Intro...

## Side, Sailor 1/4, Step, 1/4, Hold, Behind & Cross.

- 1-2&3      Step Left to Left side, make 1/4 turn to Right stepping Right behind Left, step Left next to Right, step Right forward. (3.00)
- 4-5      Step forward Left, make 1/4 turn to Left stepping Right to Right side.
- 6      Hold
- 7&8      Cross step Left behind Right, step Right to Right side, cross step Left over Right.

## Side Rock , Ball Side, Close, Back Rock, Shuffle Step.

- 1-2&      Rock Right to Right side, recover side Left, step Right next to Left.
- 3-4      Step Left to Left side, step Right next to Left.
- 5-6      Rock back on Left, recover forward Right.
- 7&8      Step forward on Left, step Right next to Left, step forward Left.

## Kick & Slide, Close, Back, Coaster Step, 1/4 Bump & Bump.

- 1&2      Kick Right forward, step Right next to Left, Slide Left foot back.
- 3-4      Slide Left foot forward next to Right, step back on Right.
- 5&6      Step back on Left, step Right next to Left, step forward on Left.
- 7&8      Make 1/4 turn to Left stepping Right to side as you bump hips R-L-R (9.00)

## Side, Cross, Side, Touch, 1/4, 1/4, 1/4 Sailor Cross.

- 1-2      Step Left to Left side, Cross step Right over Left with slight dip of knees.
- 3-4      Step Left to Left side, touch Toe behind Right.
- 5-6      Make 1/4 turn to Right stepping forward on Right, make 1/4 turn to Right stepping Left to Left side.(3.00)
- 7&8      Make 1/4 turn to Right stepping Right behind Left, step Left next to Right, cross step Right over Left \*

## Step Lock & Rock Recover, Close, Cross Shuffle, Side,

- 1-2&      Step diagonally forward on Left, lock Right behind Left, step Left forward.
- 3-4-5      Make 1/4 turn to Right rocking Right forward (7.30), recover back Left, step Right next to Left.
- 6&7      Cross step Left over Right, step Right to Right side, cross step Left over Right.(this is danced travelling diagonally toward 7.30 wall with body at 4.30)
- 8      Step Right to Right side.

## Heel, Toe, Heel, Side, Close, Cross Shuffle, 3/8 Step, Sweep.

- 1&2      Swivel Left heel towards Right, swivel Left toe towards Right, swivel Left heel towards Right.
- 3-4      Step Left to Left side, step Right next to Left.
- 5&6      Cross step Left over Right, step Right to Right side, cross step Left over Right.(this is danced travelling diagonally toward 7.30 wall with body facing at 4.30)
- 7-8      Make 3/8 turn to Right stepping forward on Right, sweep Left from back to front.(9.00)

## Cross, Side, Behind & Cross, Side, Close, Cross Shuffle.

- 1-2      Cross step Left over Right, step Right to Right side.
- 3&4      Cross step Left behind Right, step Right to Right side, cross step Left over Right.
- 5-6      Step Right to Right side, step Left next to Right.
- 7&8      Cross step Right over Left, step Left to Left side, cross step Right over Left.

**3/4 Walk, Walk, Walk, Walk, Rock, Recover, Ball Toe, 1/2.**

1-4 Making 3/4 circular turn to Left Walk L-R-L-R (12.00)

5-6& Rock forward on Left, recover back on Right, step Left next to Right.

7-8 Touch Right back, unwind 1/2 turn to Right taking weight on Right. (6.00)

**Restart on Wall 2. Dance Up To & Including Count 32 Section 4.**

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