

On Fire

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Advanced
編舞者: Cindy Thiemann (BEL)
音樂: Love Is Alive - Anastacia



RIGHT SAILOR STEP WITH BRUSH & CROSS BEHIND, OPEN, JUMP (LEFT KNEE UP)

- 1 Right foot cross behind left
- & Left foot step next to right
- 2 Right foot brush
- & Right foot put down
- 3 Left foot cross behind right
- & Right foot and left foot jump open
- 4 Right foot jump in (left knee cross in front of right knee)

DOWN, SIDE TOUCH, TOGETHER, SIDE TOUCH, BODY ROLL, TOGETHER, SIDE TOUCH

- & Left foot put down
- 5 Right foot touch right
- & Right foot step next to left
- 6 Left foot touch left
- 7 Body roll (moving to the left)
- & Right foot step next to left
- 8 Left foot touch left

TOGETHER, SIDE TOUCH, KNEE POP IN, KNEE POP OUT (WITH ¼ TURN RIGHT), TOUCH, SIDE TOUCH

- & Left foot step next to right
- 9 Right foot touch right
- 10 Right knee pop in
- 11 Right knee pop out (with ¼ turn right)
- & Left foot touch next to right
- 12 Left foot touch left

CROSS, TOGETHER, TOUCH, TOGETHER, CROSS, LEFT STOMP, RIGHT STOMP

- 13 Left foot cross in front of right foot
- & Right foot step next to left
- 14 Left foot touch left
- & Left foot step next to right
- 15 Right foot cross in front of left foot
- & Left foot stomp next to right
- 16 Right foot stomp next to left

JUMP, JUMP, OPEN, CROSS, OPEN, CROSS

- 17 Right foot and left foot jump right
- & Right foot and left foot jump right
- 18 Right foot and left foot jump open
- 19 Right foot and left foot jump in (right foot cross behind left foot)
- & Right foot and left foot jump open
- 20 Right foot and left foot jump in (left foot cross behind right foot)

FULL TURN LEFT, FULL TURN RIGHT (WITH ARM MOVEMENTS)

- 21 Turn ½ left

- 22 Turn ½ left
- 23 Turn ½ right
- 24 Turn ½ right

Feet stay crossed while turning (wind, unwind)

Arm movements:

- 21-24 Hands on shoulder height, arms slightly bent, next to your body, wiggling up and down (down on counts 21-22-23-24)

RIGHT SIDE ROCK, TOGETHER, LEFT SIDE ROCK, TOGETHER (WITH ARM MOVEMENTS)

- 25 Right foot rock right
- & Left foot weight on left foot
- 26 Right foot step next to left
- 27 Left foot rock left
- & Right foot weight on right foot
- 28 Left foot step next to right

Arm movements:

- 25 Cross right arm in front of right chest (elbow on arm height) make a fist
- & (Right arm) turn fist to the right (arm moves along together)
- 26 (Right arm) put arm along the body
- 27 Cross left arm in front of left chest (elbow on arm height) make a fist
- & (Left arm) turn fist to the left (arm moves along together)
- 28 (Left arm) put arm along the body

SLIDE, STEP, KICK, OPEN, OPEN (WITH ARM MOVEMENTS)

- 29 Right foot large step to the right
- 30 Left foot slide next to right
- 31 Right foot kick
- & Right foot step to the right
- 32 Left foot step to the left

Arm movements:

- 29 Cross right arm in front of right chest (elbow a little above your arm) make a fist, left arm to the left (make a fist) like holding bow and arrow to the side
- 30 Put your right arm on your left arm, on shoulder height, with a little bow (left arm: down to up and right: up to down)
- 31 Cross your arms (just stretch them) to the front in front of your chest
- & Bow your arms (make a cross on your chest)
- 32 Put your both arms along the body

REPEAT

RESTART

On the 4th wall, dance only counts 1-16, then restart at the beginning of the dance.
