

# Fired Up!

拍數: 32      牆數: 4      級數:  
編舞者: Peter Metelnick (UK)  
音樂: Hot to Molly - Mila Mason



---

## FORWARD SHUFFLE, LEFT FORWARD, PIVOT ¼ RIGHT, TURN & RIGHT & VINE LEFT

- 1&2      Step right foot forward, step left foot together, step right foot forward  
3-4      Step left foot forward, pivot ¼ right  
5-8      Turn & right and step left foot to left side, cross right foot behind left and step, step left foot to left side, touch right foot together & clap

## SIDE TOUCHES WITH HOLDS, MEXICAN HAT DANCE, STOMP RIGHT 2X

- 1-2&      Touch right toes to right side, hold, step right foot together  
3-4&      Touch left toes to left side, hold, step left foot together  
5&      Touch right heel forward, step right foot together  
6&      Touch left heel forward, step left foot together  
7-8      Stomp right foot together 2x (weight remains on left foot)

## RIGHT SIDE SHUFFLE, LEFT ROCK BACK & RECOVER, ¾ TURN RIGHT, LEFT ROCK FORWARD & RECOVER

- 1&2      Step right foot to right side, step left foot together, step right foot to right side  
3-4      Step left foot back and rock back, recover weight on right foot  
5-6      Turn ¾ right (you will travel left when doing these steps): turn & right and step on left foot, step right foot back turning ¼ right (easier alternative: turn & left and step left forward, step right foot forward)  
7-8      Step left foot forward and rock forward, recover weight on right foot

## LEFT COASTER STEP, RIGHT FORWARD, PIVOT ¼ LEFT & CLAP, RIGHT FORWARD, PIVOT & LEFT & CLAP, STOMP RIGHT & LEFT TOGETHER

- 1&2      Step left foot back, step right foot together, step left foot forward  
3-4      Step right foot forward, pivot ¼ left (weight ends on left foot) & clap  
5-6      Step right foot forward, pivot & left (weight ends on left foot) & clap  
7-8      Stomp right foot together, stomp left foot together

## REPEAT

---