

Fire It Up

Count: 32

Wall: 4

Level: Easy Intermediate

Choreographer: Ivonne Verhagen (NL), Daniel Trepap (NL), Roy Hoeben (NL) November 2019

Music: "Fire it up" by Outasight

(Start on Vocals after 32 counts)

[1-8]: BACK SWEEP, BACK SWEEP, COASTER STEP, WALK, WALK & LOCK, UNWIND ½ WITH HEEL BOUNCE, JUMP OUT

1,2 RF step back and sweep LF back, LF step back and sweep RF back
3&4 RF step back, LF step next right, RF step forward
5&6 LF step forward, RF step forward, LF lock behind RF
7&8 Start unwind ½ turn left, Heel bounce and finish unwind ½ turn left, Jump both feet apart (weight on LF) (6h)

[9-16]: TWIST 2X, HITCH, STEP BIG STEP SIDE, TOUCH, ¼ RIGHT & STEP SIDE TOUCH, RIGHT HAND UP, LEFT HAND UP

1&2 RF twist heel in, RF twist toe in, Hitch right knee in front of left
3,4 RF step a big step side, LF touch to RF
5,6 ¼ turn right & LF step side, RF touch to LF (9h)
&7&8 Bend both knees and lean left, Right hand up, Bend both knees and lean right, Left hand up

[17-24]: CROSS ROCK FORWARD & SIDE (2X), STEP, 2X PADDLE (TOTAL ½ TURN RIGHT)

1&2 RF cross rock over LF (push hips forward), LF recover on LF, RF step side
3&4 LF cross rock over RF(push hips forward), RF recover on RF, LF step side
5,6 RF step forward, ¼ turn right and paddle with LF
7-8 ¼ turn right and paddle with LF, LF step forward (3h)

[25-32]: STEP, 2X PADDLE (TOTAL ½ TURN RIGHT), KICK, OUT, OUT, 2 KNEE POPS

1-2 RF step forward, ¼ turn right and paddle with LF
3-4 ¼ turn right and paddle with LF, LF step forward (9h)
5&6 RF kick forward, RF step out, LF step out
&7&8 Bend both knees lifting heels slightly, straighten both legs lowering heels softly, bend both knees lifting heels slightly, straighten both legs lowering heels softly (weight finish on LF)

Tag 1 : 16 counts:

WALK RIGHT SIDE OF THE FLOOR, HOLD, WALK LEFT SIDE OF THE FLOOR, HOLD

1,2,3,4 walk to the right side of the floor R-L-R- Hold (show them "Get louder now")
5,6,7,8 walk to the left side of the floor L-R-L- Hold (show them "Get louder now")

ROCK STEP, STEP BACK, ¼ TURN RIGHT, CROSS OVER, 4X WALK FORWARD TO SPOT

1,2,3,4 RF cross rock over LF, LF step back on LF, ¼ turn right & RF step big step side, LF cross over RF
5,6,7,8 RF walk forward, LF walk forward, RF walk forward, LF walk forward (to your own dance spot)

Tag 2 : 8 counts:

STEP FORWARD, 7X BOUNCE (TOTAL ½ TURN)

1,2,3,4 RF step forward, 1/8 turn bounce both feet, bounce both feet, step forward, 1/8 turn bounce both feet, bounce both feet,
5,6,7,8 1/8 turn bounce both feet, bounce both feet, 1/8 turn bounce both feet, bounce both feet (weight finish on LF)

TAG 1: After wall 2 (6h) and 5 (9h)

TAG 2 : After wall 7 (3h)

Start again. Have fun!