Fired Up Ready To Go (Oktober 2024)

Choreographer : Ivonne Verhagen Music : Fired Up Ready To Go

Home

Level : Improver BPM : 172 Counts : 64 Dancevideo

Intro: 64 counts

S1 TWIST OUT&OUT, TAP 2X LEFT HEEL, DIAGONAL FORWARD, TOUCH & CLAP DIAGONAL BACK, TOUCH & CLAP

1-4Twist right heel out, twist right toe out (put weight on RF), Tap left heel, tap left heel (lean body a bit to the right) 5-8LF step diagonal forward, RF touch to LF (& Clap), RF step diagonal back, LF touch to RF (& Clap) (12h)

S2 DIAGONAL LOCK STEP, BRUSH, ROCKING CHAIR

1-4LF step diagonal forward, Lock RF behind LF, LF step diagonal forward, RF brush forward 5-8RF rock forward, recover on LF, RF rock back, recover on LF (12h)

S3 ¼ L & STEP SIDE, TOUCH, ¼ L & STEP FORWARD, TOUCH, ¼ L & STEP SIDE, TOUCH, STEP SIDE SCUFF

1-4¼ left & Step RF side (9h), LF touch to RF (clap), ¼ left & LF Step forward (6h), RF touch to LF (clap) 5-8¼ left & Step RF side (3h), LF touch to RF (clap), LF step side, RF scuff forward

S4 ROCKING CHAIR, TURN 1/4 L, CROSS, SIDE

1-4RF rock forward, recover on LF, RF rock back, recover on LF 5-8RF step forward, ¼ turn left (12h), RF cross over LF, LF step side *** Restart in wall 5

S5 HOLD, STEP OUT, STEP OUT, HOLD, 2X HIP ROLL

1-4Hold, RF step out, LF step out, Hold 5-8Roll hips 2x anti clockwise

S6 HOLD, 1/4 TURN L & STEP OUT, STEP OUT, HOLD, 2X HAND MOVEMENT

1-4Hold, ¼ turn left & RF step out, LF step out, Hold (9h) 5-8Make a lasso move with your arms

S7 HOLD, 1/4 TURN L & STEP OUT, STEP OUT, HOLD, PLAY GUITAR

1-4Hold, ¼ turn left & RF step out, LF step out, Hold (6h) 5-8Play the guitar

S8 (R)SIDE, TOGETHER SIDE, KICK LF, (L)SIDE, TOGETHER SIDE, STOMP UP

1-4RF step right side, LF close to RF, RF step right side, LF kick diagonal to left 5-8LF step left side, RF close to LF, LF step left side, RF stomp

(# 8: Replace Stomp into RF kick diagonal when you repeat this section after wall 1&3) **Repeat section 8 after wall 1 & 3

NOTE:

** Repeat section 8 after wall 1 (6h) & after wall 3 (6h)

*** Restart the dance (to dance the last wall before ending) (12h)

Ending: 1/4 turn left (12h)

Contact:

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