

Hot Feet

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Count: 32 **Wall:** 4 **Level:** Low Intermediate

Choreographer: Lisa McCammon , June 2015

Music: Fire Under My Feet by Leona Lewis (single, approximately 3:47), 100 bpm,

#16 count intro (listen for the piano chord at about 11 seconds. (dance through--no tags/restarts)

Alternate track: Ready For The Good Life by Paloma Faith, 102 bpm, 16 count intro, no tags/restarts.

Country option Head South by Neal McCoy, 102 bpm (counted half-time), 16 count intro, no tags/restarts

Counterclockwise rotation; start with weight on L

[1-8] HEEL-&-HEEL-&-KICK-BALL-CHANGE, TWIST-TWIST-TURN, COASTER STEP

- 1&2&** Touch R heel forward, step R home, touch L heel forward, step L home
- 3&4** Kick R, step onto R, step L home (weight even on balls of feet)
- 5&6** Twist both heels R, L, R, turning left $\frac{1}{4}$ [9:00; this is your new wall], weight on R (hint: lean slightly back on R)
- 7&8** Step L back, step R home, step L forward

[9-16] TRIPLE FORWARD, SYNCOPATED ROCKING CHAIR, ROCK-RECOVER-SIDE, STOMP & STOMP &

- 1&2** Step forward R, step L next to R, step forward R
- 3&4&** Rock forward L, recover weight R, rock back L, recover weight R
- 5&6** Rock forward L, recover weight R, step L to side
- 7&** Stomp R next to L, toes pointed in (no weight), then step onto R
- 8&** Stomp L next to R, toes pointed in (no weight), then step onto L

(hint: open body to left diagonal on the last & count to prep the cross step on count 1 in the next set)

[17-24] CROSS, SIDE, SAILOR-HEEL-&-CROSS, SIDE, SAILOR-HEEL-&

- 1-2** Cross step R over L, step L to side

- 3&4&** Step R slightly back and behind L, step L in place, touch R heel to R diagonal, step onto R
- 5-6** Cross step L over R, step R to side
- 7&8&** Step L slightly back and behind R, step R in place, touch L heel to L diagonal, step onto L

[25-32] (NO TURNS) CROSS, SIDE, CROSS-&-CROSS, SIDE ROCK- RECOVER-KICK-STEP-SIDE ROCK-RECOVER-TOUCH

- 1-2** Cross step R over L, step L to side
- 3&4** Cross step R over L, step L to side, cross step R over L
- 5&6&** Side rock L, recover weight R, kick L forward, step L home
- 7&8** Side rock R, recover weight L, touch R home

[25-32] (WITH TURNS) CROSS, BACK ¼ R, SIDE ¼ R-CLOSE-FORWARD ¼ R, STEP-TURN ¼ R-KICK-STEP-SIDE ROCK-RECOVER-TOUCH

Hint: remember you'll end at the same wall where you started the turn

- 1-2** Cross step R over L, turn right ¼ [12:00] stepping back L
- 3&4** Turn right ¼ [3:00] stepping side R, step L next to R, turn right ¼ [6:00] stepping forward R
- 5&6&** Step forward L, turn right ¼ [9:00], kick L forward, step L home
- 7&8** Rock R to side, recover weight L, touch R home

ENDING: The last repetition starts at [6:00] with 16 counts left. Dance through counts 1&2 (triple RLR) in the second set (facing [3:00]).

Then substitute the following steps. Counts 5-7 occur as she sings "Can't put out these flames."

- 3&4** Rock forward L, recover weight to R, turn left ¼ [12] stepping side L
- 5&** Stomp R slightly forward with toes in (no weight), then step onto R
- 6&** Stomp L slightly forward with toes in (no weight), then step onto L
- 7** Stomp R either home or slightly to side

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