

ALL FIRED UP

LINEDANCE.COM

Count: 64

Wall: 2

Level: intermediate/advanced

Choreographer: Michelle Chandonnet

Music: All Fired Up by Dan Seals

HEEL STRUT, HEEL STRUT, STEP, STEP, STEP, HOLD

- 1-2 Step right heel forward, put toes down
- 3-4 Step left heel forward, put toes down
- 5-8 Steps right-left-right forward, hold

STOMP, HOLD/CLAP, STOMP, HOLD/CLAP, GRAPEVINE TO LEFT, BRUSH

- 1-2 Stomp left beside right foot, hold/clap
- 3-4 Stomp left beside right foot, hold/clap
- 5-6 Step left to left, step right behind left foot
- 7-8 Step left to left, brush right

TOE STRUT $\frac{1}{4}$ TURN, TOE STRUTS BACKWARDS, TOE STRUT $\frac{1}{4}$ TURN

- 1-2 Step right toes backward turning $\frac{1}{4}$ turn to left, put right heel down
- 3-4 Step left toes backward, put left heel down
- 5-6 Step right toes backward, put right heel down
- 7-8 Step left toes backward turning $\frac{1}{4}$ turn to left, put left heel down

GRAPEVINE TO RIGHT, TAP, HEEL, HOOK, HEEL, HOOK

- 1-2 Step right to right, step left behind right foot
- 3-4 Step right to right, tap left beside right foot
- 5-6 Touch left heel forward, hook left across in front right leg
- 7-8 Touch left heel forward, hook left across in front of right leg

ROCK STEP FORWARD, ROCK STEP BACKWARD, TOUCH, HOLD, FULL TURN

- 1-2 Step left forward, rock back on right
- 3-4 Step left backward, rock forward on right
- 5-6 Touch left to left, hold
- 7-8 Full turn to left to finish left foot beside right foot (weight on left)

STEP, LOCK, STEP, BRUSH, STEP, LOCK, STEP, TOUCH

- 1-2** Step right forward, slide left across behind right foot
- 3-4** Step right forward, brush left
- 5-6** Step left forward, slide right across behind left foot
- 7-8** Step left forward, touch right to right

TWIST & SWITCH

- 1** Twist both heels to left crossing right foot in front of left peg
- 2** Twist both heels to right touching right to right side
- 3** Twist both heels to left crossing right foot in front of left peg
- 4** Step right backward
- 5** Twist both heels to right crossing left foot in front of right leg
- 6** Step left backward
- 7** Twist both heels to left crossing right foot in front of left peg
- 8** Step right backward

TWIST & SWITCH

- 1** Twist both heels to right crossing left foot in front of right peg
- 2** Twist both heels to left touching left to left side
- 3** Twist both heels to right crossing left foot in front of right peg
- 4** Step left backward
- 5** Twist both heels to left crossing right foot in front of left leg
- 6** Step right backward
- 7** Twist both heels to right crossing left foot in front of right peg
- 8** Step left beside

REPEAT