

# INTO THE FIRE

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**Count:** 40

**Wall:** 4

**Level:** intermediate/advanced

**Choreographer:** Angie Shirley

**Music:** Duelling Violins by Ronan Hardiman

## HEEL SWITCHES & CROSS STEP

- 1& Touch right heel forward, step right foot back to place
- 2& Touch left heel forward, step left foot back to place
- 3& Touch right heel forward, step back on right foot
- 4 Cross step left foot over right

**On count 4 extend both arms chest height to left, sweep around in semi circle and lower on count 5**

## SWEEP, ROCK, HEEL JACK, STEP, TOUCH

- 5-6& Sweep right foot around to front in a semi circle, rock step right over left, rock back onto left foot
- 7&8 Dig right heel diagonally forward, step right foot next to left, touch left foot next to right
- 9-16 Repeat above section 1-8 starting on left foot

**On count 12 extend both arms chest height to right, sweep around in semi circle & lower on count 13**

## MASHED POTATOES BACK

- & With weight on ball of left foot, turn both toes inward & lift right foot slightly off floor
- 17 Step back on right foot, turning both toes outward
- & With weight on ball of right foot, turn both toes inward & lift left foot slightly off floor
- 18 Step back on left foot, turning both toes outward
- &19&20 Repeat steps &17&18

## STEP, ¼ TURN, KICK, HOOK, TURN

- 21-22 Step forward on right foot, make ¼ turn left (weight ends on left foot)

**23&24** Kick right foot forward, hook right foot in front of left knee, spin ½ turn over left shoulder bringing right foot in to inside of left knee

### **BACK SLIDES WITH KNEE POPS**

**25-26** Step back on right foot & at same time pop left knee forward, slide back on left foot & at same time pop right knee forward

**27-28** Slide back on right foot & at same time pop left knee forward, slide back on left foot & at same time pop right knee forward

### **KICK BALL CHANGE.CROSS UNWIND**

**29&30** Kick right foot forward, step right foot next to left, change weight to left foot

**31-32** Cross right foot behind left, unwind ½ turn Over right shoulder (weight ends on right foot)

### **SYNCOATED WEAVE RIGHT, STEP, PIVOT, STEP, TOUCH**

**33&34** Cross step left foot over right, step right foot to right side, cross step left foot behind right

**&35** Step right foot to right side, cross step left foot over right

**&36** Step right foot to right side, cross step left foot behind right

**&37-38** Step right foot to right side, step forward on left foot, pivot ½ turn over right shoulder

**39-40** Step left foot next to right, touch right toe next to left

### **REPEAT**

**When danced to "Dueling Violins" there is a 16 beat count after the violin intro. Also be aware of the tempo changes, but have fun. Good luck!**