



Remember to Vote for your favourite dances in the Linedancer Charts.

SEC 1 SIDE, SAILOR ¼, STEP, ¼ SIDE, HOLD, BEHIND & CROSS

- 1 Step Left to Left side
- 2&3 Make ¼ turn to Right stepping Right behind Left, step Left next to Right, step Right forward (3:00)
- 4-5 Step forward Left, make ¼ turn to Left stepping Right to Right side (12:00)
- 6 Hold
- 7&8 Cross step Left behind Right, step Right to Right side, cross step Left over Right

SEC 2 SIDE ROCK, BALL SIDE, CLOSE, BACK ROCK, SHUFFLE STEP

- 1-2& Rock Right to Right side, recover side Left, step Right next to Left
- 3-4 Step Left to Left side, step Right next to Left
- 5-6 Rock back on Left, recover forward Right
- 7&8 Step forward on Left, step Right next to Left, step forward Left

SEC 3 KICK & SLIDE, CLOSE, BACK, COASTER STEP, ¼ BUMP & BUMP

- 1&2 Kick Right forward, step Right next to Left, Slide Left foot back
- 3-4 Slide Left foot forward next to Right, step back on Right
- 5&6 Step back on Left, step Right next to Left, step forward on Left
- 7&8 Make ¼ turn to Left stepping Right to side as you bump hips R, bump hips L, bump hips R (9:00)

SEC 4 SIDE, CROSS, SIDE, TOUCH, ¼ STEP, ¼ SIDE, ¼ SAILOR CROSS

- 1-2 Step Left to Left side, Cross step Right over Left with slight dip of knees
- 3-4 Step Left to Left side, touch Toe behind Right
- 5-6 Make ¼ turn to Right stepping forward on Right, make ¼ turn to Right stepping Left to Left side (3:00)
- 7&8 Make ¼ turn to Right stepping Right behind Left, step Left next to Right, cross step Right over Left (6:00)

Restart Here on Wall 2

SEC 5 STEP LOCK & ROCK, CLOSE, CROSS SHUFFLE, SIDE

- 1-2& Step diagonally forward on Left, lock Right behind Left, step Left forward
- 3-4-5 Make ¼ turn to Right rocking Right forward, recover back Left, step Right next to Left (3:00)
- 6&7 Cross step Left over Right, step Right to Right side, cross step Left over Right
- 8 Step Right to Right side

Fired Up
Continues... Page 1 of 2



Fired Up

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SEC 6 HEEL, TOE, HEEL, SIDE, CLOSE, CROSS SHUFFLE, $\frac{3}{8}$ STEP, SWEEP

- 1&2 Swivel Left heel towards Right, swivel Left toe towards Right, swivel Left heel towards Right
- 3-4 Step Left to Left side, step Right next to Left
- 5&6 Cross step Left over Right, step Right to Right side, cross step Left over Right
- 7-8 Make $\frac{3}{8}$ turn to Right stepping forward on Right, sweep Left from back to front (9:00)

SEC 7 CROSS, SIDE, BEHIND & CROSS, SIDE, CLOSE, CROSS SHUFFLE

- 1-2 Cross step Left over Right, step Right to Right side
- 3&4 Cross step Left behind Right, step Right to Right side, cross step Left over Right
- 5-6 Step Right to Right side, step Left next to Right
- 7&8 Cross step Right over Left, step Left to Left side, cross step Right over Left

SEC 8 $\frac{3}{4}$ WALK AROUND, ROCK, BALL TOE, $\frac{1}{2}$ UNWIND

- 1-2 Make $\frac{1}{4}$ turn to Left stepping Left forward, make $\frac{1}{4}$ turn to Left stepping Right forward (3:00)
- 3-4 Make $\frac{1}{4}$ turn to Left stepping Left forward, step forward on Right (12:00)
- 5-6& Rock forward on Left, recover back on Right, step Left next to Right
- 7-8 Touch Right back, unwind $\frac{1}{2}$ turn to Right taking weight on Right (6:00)

