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Warm Feet

32 Count, 4 Wall, Beginner

Choreographer: Lisa McCammon (USA) June 2015

Choreographed to: Fire Under My Feet by Leona Lewis
(3:47; 100 bpm)

Start after 16 counts, about 11 seconds in when you hear the piano chord the second time she sings "I got **fire** under my feet."

NOTE: the music goes off phrase but returns so restarts are not necessary.

Counterclockwise rotation; start with weight on L

1-8 HEEL, HEEL, R MAMBO, HEEL, HEEL, L MAMBO

1-2 Touch R heel slightly forward twice

3&4 Rock R to side, recover weight to L, step R home

5-6 Touch L heel slightly forward twice

7&8 Rock L to side, recover weight to R, step L home

(Harder option: heel switches for 1&2& and 5&6&)

9-16 STOMP, CLAP, STOMP, CLAP, STOMP-&-STEP, STOMP-&-STEP

1-2 Turning slightly to right diagonal, stomp R, clap

3-4 Turning slightly to left diagonal, stomp L, clap

(Harder option syncopated stomp-claps R&L&R&L& for 1&2&3&4&)

5&6 Turning R toes in, stomp R next to L, step onto L, step R to side (you're stepping RLR)

7&8 Turning L toes in, stomp L next to R, step onto R, step L to side (you're stepping LRL)

(Hint: for counts 5&6, 7&8, think cha-cha-cha, cha-cha-cha.)

Keep steps small and close together; I cue "stomp that bug, stomp that bug")

17-24 CROSS ROCK, RECOVER, CHASSE RIGHT, CROSS ROCK, RECOVER, CHASSE LEFT TURNING 1/4

1-2 Cross rock R over L, recover weight L

3&4 Step R to side, step L home L, step R to side (**open body slightly to right diagonal**)

5-6 Cross rock L over R, recover weight R

7&8 Step L to side, step R home, turn left ¼ [9:00] stepping forward L

25-32 FORWARD ROCK, RECOVER, COASTER STEP, FORWARD ROCK, RECOVER, COASTER STEP

1-2 Rock forward onto R, recover weight L

3&4 Step R back, step L home, step R forward

5-6 Rock forward onto L, recover weight R

7&8 Step L back, step R home, step L forward

(Harder option: triple 360 on coasters)

OPTIONAL ENDING: The last repetition starts at [6:00] with 16 counts left.

The music fades a little so keep counting. Dance through the first set, then substitute the following second set:

1-2 Step forward R, clap

3-4 Turn left ½ [12:00] taking weight onto L, clap

5&6&7 Stomp R to side, clap, stomp L to side, clap, stomp R to side

(this hits the lyrics "Can't put out these flames")

*ALTERNATE MUSIC SUGGESTIONS (no tags or restarts)

Ready For The Good Life by Paloma Faith; 102 bpm; 16 count intro

Head South by Neal McCoy; 102 bpm (counted half-time); 16 count intro

Thanks to Judy McDonald for her feedback and suggestions, and to my students for their patience as this dance evolved.