

**Feel The Fire**

32 Count, 4 Wall, Intermediate

Choreographer: Michael Barr (Oct. 2015) USA

Choreographed to: Bottled Up Tight by Luke Sital-Singh ,

Album: Old Flint E.P. (92 bpm)

**Intro: 16 counts****1 – 8 Cross Rock Return, Chasse R, Rock Return, Lock Step Back**

1 – 2 Rock R in front of L to left diagonal; Return weight to L in place

3 &amp; 4 Step R side right; Step L next to R; Step R side right

5 – 6 Rock L in front of R to right diagonal; Return weight to R in place (still facing right diag.)

7 &amp; 8 Step L back (go back on same diagonal); Cross Step R in front of L (lock-step); Step L back

**9 – 16 3/8 Turn R, Step-1/2 Turn R-Point L, Full Turn L, Step Back, Coaster Step**

1 Turn 3/8 right stepping R forward (this squares you onto the back wall) (6:00)

2 &amp; 3 Step L forward; Turn 1/2 right shifting weight to R; Touch/Point L out to side left (prep for left turn)(12:00)

4 – 5 Step L next to R as you begin a slow full turn spin left; Finish the turn with weight still on L

Note Keep R next to left, slightly off the floor, as you make the full turn.

6 Step R back as you come out of the turn

**Option**

4-5-6 Count 3 is the prep for the upcoming turn. If you prefer you can do a 1/4, point, 1/4; Monterey turn.

Turn 1/4 left stepping L next to R (4); Point R side right (5); Turn 1/4 right stepping BACK on R (6)

7 &amp; 8 Step L back; Step R next to L; Step L forward (12:00)

**Restart :On wall 4 (9 o'clock wall), finish count 16 and restart the dance again on the 9 o'clock wall.****17 – 24 Step Forward, Forward Coaster, Back-Turn 1/4 L-Cross, Step Side, 1/4 Sailor Step**

1 Step R forward

2 &amp; 3 Step L forward; Step R next to L; Step L back (large step back)

4 &amp; 5 Step R back (prep 1/4 turn left); Turn 1/4 left stepping L side left; Step R in front of L (9:00)

6 Step L side left (large step to the side)

7 &amp; 8 Step R behind L; Turn 1/4 right stepping L next to R; Step R forward (12:00)

**25 – 32 Step Forward, Sweep Right, Cross-Side-Cross, Rock Forward, Return, 3/4 Turn Left**

1 – 2 Step L forward crossing slightly in front of R; Sweep R out to side and around to the front (no turn)

3 &amp; 4 Step R in front of L; Step L side R; Step R in front of L (moves slightly to the forward left diagonal)

5 – 6 Rock L forward to the left diagonal; Return onto your R in place (look over your left shoulder)

7 &amp; 8 Start stepping out a 3/4 arc turn left (run, run, run) L, R, L to left diagonal of the 3 o'clock wall (3:00)

**Begin Again and Enjoy! Dance Ends on The Front Wall!!!**

\* Bottled Up Tight is on two of Luke Sital-Singh's albums. The track from Old Flint is the one you want.

Download - Single download on iTunes &amp; Amazon.com / Length: 3:21

Thanks to: Michele B., Martha Ogasawara &amp; the Hemet workshop dancers for their input and to Lex Bayley for introducing me to the song and the artist.

Note: This beautiful song has a tempo that is slower than you might think. There are parts of the choreography like the Cross Rock Returns, for example, that you want to sink into the floor and take your time executing. ☺