

# FIRE IT UP

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**MUSIC:** "Fire It Up" by Joe Cocker  
**ALBUM/ARTIST:** "Fire It Up" by Joe Cocker  
**DOWNLOAD:** Available as Internet download  
**FOOTWORK:** Opposite, dir to man, unless noted in parentheses and italics  
**TIME@100%:** 3:52 per online download, but music [dance] is only 3:40  
**SEQUENCE:** INTRO-A-B-A-B-C-A-B-B-C[1-6]-ENDING

**REL. DATE:** November, 2018  
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**RHYTHM:** Cha Cha  
**RAL PHASE:** III + 2  
[Alemana, Triple Cha]  
**DIFFICULTY:** Average  
**SUG. SPEED:** 100%

## MEAS.

### INTRODUCTION

- 1-4 WAIT 2 MEAS "V" BACK TO BACK ; ; CIRCLE AWAY AND TOGETHER [BFLY WALL] ; ;**  
1-2 [1-2] {Wait 2 meas} In "V" BACK TO BACK POSITION with M's R and W's L hands only joined [M fcg DLC and W fcg DLW] wait 2 meas with lead foot free ; ;  
3-4 [3] {Circle Away and Tog} From "V" BACK TO BACK POSITION releasing partner contact and separating from partner and moving away in a LF (*W RF*) circular pattern fwd L, fwd R, fwd L/cl R, fwd L to both fc RLOD approx 8 feet from partner ;  
[4] Cont LF (*W RF*) circular pattern toward partner fwd R, fwd L, fwd R/cl L, fwd R to BFLY WALL ;

### PART A

- 1-4 BASIC ; ; CRAB WALKS [RLOD] ; ;**  
1-2 [1] {Basic} In BFLY WALL fwd L, rec R, sd L/cl R, sd L ; [2] Bk R, rec L, sd R/cl L, sd R ;  
3-4 [3] {Crab Walks [RLOD]} In BFLY WALL XLif (*W XRif*), sd R, XLif (*W XRif*)/sd R, XLif (*W XRif*) ;  
[4] Sd R, XLif (*W XRif*), sd R/cl L, sd R ;
- 5-8 FENCE LINE ; CRAB WALKS [LOD] ; ; FENCE LINE ;**  
5 [5] {Fence Line} In BFLY WALL cross lunge thru L with bent knee, rec R, sd L/cl R, sd L ;  
6-7 [6] {Crab Walks [LOD]} In BFLY WALL XRif (*W XLif*), sd L, XRif (*W XLif*)/sd L, XRif (*W XLif*) ;  
[7] Sd L, XRif (*W XLif*), sd L/cl R, sd L ;  
8 [8] {Fence Line} Cross lunge thru R with bent knee, rec L, sd R/cl L, sd R ;
- 9-12 OPEN BREAK ; WHIP [BFLY COH] ; TIME STEP TWICE ; ;**  
9-10 [9] {Open Break} From BFLY WALL releasing trail hands apart L, rec R, sd L/cl R, sd L to BFLY WALL ;  
[10] {Whip} Bk R comm 1/4 LF turn, cont turn 1/4 rec fwd L, sd R/cl L, sd R (*W fwd L, fwd R comm LF turn 1/2, sd L/cl R, sd L*) to BFLY COH ;  
11-12 [11] {Time Step Twice} Releasing contact with partner XLib (*W XRib*), rec R, sd L/cl R, sd L ;  
[12] XRib (*W XLib*), rec L, sd R/cl L, sd R to LEFT OPEN FACING COH ;
- 13-16 CHASE WITH UNDERARM PASS ; ; NEW YORKER ; SPOT TURN [BFLY WALL] ;**  
13-14 [13] {Chase With Underarm Pass} From LEFT OPEN FACING COH fwd L comm RF turn 1/2 keeping lead hands jnd, rec fwd R, fwd L/cl R, fwd L (*W bk R with no turn, rec L, fwd R/cl L, fwd R twd M's left side*) ;  
[14] Small fwd R beginning to raise jnd lead hands, rec L cont to lead W to turn LF under jnd hands, sd R/cl L, sd R (*W fwd L, fwd R turning 1/2 LF under jnd lead hands to fc ptr, sd L/cl R, sd L*) to BFLY WALL ;  
15-16 [15] {New Yorker} From BFLY WALL releasing trail hands swiveling sharply 1/4 RF (*W LF*) to LEFT OPEN RLOD thru L with straight leg, rec R to BFLY WALL, sd L/cl R, sd L ;  
[16] {Spot Turn} Releasing partner contact XRif (*W XLif*) comm 1/2 LF (*W RF*) turn, rec L comp turn to fc partner, sd R/cl L, sd R to BFLY WALL ;

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**PHASE III + 2 CHA CHA [Average]  
BY PARKER/HEALEA**

## **PART B**

### **1-4 BREAK TO OPEN WITH TRIPLE CHA FORWARD ; ;**

#### **[ROCK FORWARD AND RECOVER] TRIPLE CHA BACK ; ;**

- 1-2 **[1] {Break To OPEN With Triple Cha Forward}** From BFLY WALL releasing lead hands and swiveling sharply ¼ LF (*W RF*) bk L to OPEN LOD, rec [fwd] R, fwd L [turning slightly toward partner and touching lead hands with partner]/lock Rib (*W lock Lib*), fwd L ;  
**[2]** [Releasing contact with lead hands and bringing trail hands slightly thru while turning slightly away from partner] fwd R/lock Lib (*W lock Rib*), fwd R, [turning slightly toward partner and touching lead hands with partner] fwd L/lock Rib (*W lock Lib*), fwd L ;
- 3-4 **[3] {[Rock Forward And Recover] Triple Cha Back}** Blending to OPEN LOD rock fwd R, rec L, [turning slightly toward partner and touching lead hands with partner] bk R/lock Lif (*W lock Rif*), bk R ;  
**[4]** [Releasing contact with lead hands and bringing trail hands slightly thru while turning slightly away from partner] bk L/lock Rif (*W lock Lif*), bk L, [turning slightly toward partner and touching lead hands with partner] bk R/lock Lif (*W lock Rif*), bk R ;

### **5-8 BREAK TO OPEN WITH SIDE CHA APART ; SPOT TURN [TO FACE] WITH CHA TOGETHER ; TRAVELING DOOR ; SIDE WALK HALF [RL0D] ;**

- 5-6 **[5] {Break To OPEN With Side Cha Apart}** Releasing contact with lead hands and swiveling sharply LF (*W RF*) bk L to OPEN LOD, rec [fwd] R, releasing partner contact sd L [toward COH (*W sd R toward WALL*)] moving away from partner]/cl R, sd L ;  
**[6] {Spot Turn [To Face] With Cha Together}** XRif (*W XLif*) comm 3/4 LF (*W RF*) turn, rec L comp turn to fc partner, [moving toward partner] fwd R/cl L, fwd R to BFLY WALL ;
- 7-8 **[7] {Traveling Door}** In BFLY WALL sd L, rec R, XLif (*W XRif*)/sd R, XLif (*W XRif*) ;  
**[8] {Side Walk Half [RL0D]}** Sd R, cl L, sd R/cl L, sd R ;

## **PART C**

### **1-4 CHASE WITH TRIPLE CHA [WITH BOTH TURN] ; ; ;**

- 1-2 **[1] {Chase With Triple Cha [With Both Turn]}** From BFLY WALL releasing partner contact fwd L comm ½ RF turn to TANDEM COH, rec R, fwd L/lock Rib, fwd L (*W back R, rec L, fwd R/lock Lib, fwd R*) ;  
**[2]** Fwd R/lock Lib, fwd R, fwd L/lock Rib, fwd L (*W fwd L/lock Rib, fwd L, fwd R/lock Lib, fwd R*) ;
- 3-4 **[3]** Fwd R comm ½ LF turn to TANDEM WALL [W in front of M], rec L, fwd R/lock Lib, fwd R (*W fwd L comm ½ RF turn, rec fwd R, fwd L/lock Rib, fwd L*) ;  
**[4]** Fwd L/lock Rib, fwd L, fwd R/lock Lib, fwd R (*W fwd R/lock Lib, fwd R, fwd L/lock Rib, fwd L*) ;

### **5-8 CUCARACHA TWICE [WITH PEEKS]\* ; ; CHASE ENDING ; ;**

- 5-6 **[5] {Cucaracha Twice [With Peeks]}** In TANDEM WALL [W in front of M] sd L, rec R, cl L/in place R, in place L (*W sd R [looking over L shoulder], rec L, cl R, in place L, in place R*) ;  
**[6]** Sd R, rec L, cl R/in place L, in place R (*W sd L [looking over R shoulder], rec R, cl L, in place R, in place L*) ;  
**\*Second time through go to Ending at this point.**
- 7-8 **[7] {Chase Ending}** Fwd L, rec R, bk L/cl R, bk L (*W fwd R comm LF turn 1/2, rec fwd L, fwd R/cl L, fwd R*) ;  
**[8]** Bk R, rec L, fwd R/cl L, fwd R (*W fwd L, rec R, bk L/cl R, bk L*) to BFLY WALL ;

### **9-12 ALEMANA ; ; [TO A] LARIAT ; ;**

- 9-10 **[9] {Alemana}** In BFLY WALL fwd L, rec R, sd and bk L/cl R, small bk L leading W to turn RF (*W bk R, rec L, fwd R/cl L, fwd R comm RF turn*) ; **[10]** Bk R, rec L, sd R/cl L, small sd R (*W cont RF turn under jnd lead hands fwd L, cont RF turn fwd R, sd L/cl R, sd L to finish on M's right sd*) ;
- 11-12 **[11] {[To A] Lariat}** Maintaining contact with lead hands sd L, rec R, cl L/in place R, in place L (*W circling M CW fwd R, fwd L, fwd R/fwd L, fwd R*) ; **[12]** Sd R, rec L, cl R/in place L, in place R (*W cont circling M CW fwd L, fwd R, fwd L/fwd R, fwd L*) to BFLY WALL ;

## **ENDING**

### **1-2 [SOLO] TRAVELING DOOR ; LUNGE SIDE AND LOOK AT PARTNER ;**

- 1-2 **[1] {[Solo] Traveling Door}** In TANDEM WALL [W in front of M] sd L, rec R, XLif (*W XRif*)/sd R, XLif (*W XRif*) ;  
**[2] {Lunge Side And Look At Partner}** Both looking at WALL lunge sd R (*W lunge sd L*), -, as music fades slowly look at partner while extending arms to the side, - ; **SMILE ☺**

**FIRE IT UP**

**PHASE III + 2 CHA CHA [Average]  
BY PARKER/HEALEA**

**QUICK CUES**

- I Wait 2 meas "V" Bk to Bk Pos ;; Circle Away & Tog [to BFLY] ;;
- A Basic ;; Crab Walks [RLOD] ;; Fence Line ; Crab Walks [LOD] ;; Fence Line ;  
Open Break ; Whip ; Time Step 2x ;; Chase w/ Underarm Pass ;; New Yorker ; Spot Turn ;
- B Break to Open w/ Triple Cha Fwd ;; [Rk Fwd Recover] Bk Triple Cha ;;  
Break to Open Recover w/ Sd Cha Apt ; Spot Turn w/ Cha Tog ; Traveling Door ; Sd Walk Half [RLOD] ;
- A Basic ;; Crab Walks [RLOD] ;; Fence Line ; Crab Walks [LOD] ;; Fence Line ;  
Open Break ; Whip ; Time Step 2x ;; Chase w/ Underarm Pass ;; New Yorker ; Spot Turn ;
- B Break to Open w/ Triple Cha Fwd ;; [Rk Fwd Recover] Bk Triple Cha ;;  
Break to Open Recover w/ Sd Cha Apt ; Spot Turn w/ Cha Tog ; Traveling Door ; Sd Walk Half [RLOD] ;
- C Chase w/ Triple Cha [in] ;; Both Turn w/ Triple Cha [out] ;; Cucaracha [Peekaboo] 2X ;; Chase Ending ;;  
Alemana ;; [to a] Lariat ;;
- A Basic ;; Crab Walks [RLOD] ;; Fence Line ; Crab Walks [LOD] ;; Fence Line ;  
Open Break ; Whip ; Time Step 2x ;; Chase w/ Underarm Pass ;; New Yorker ; Spot Turn ;
- B Break to Open w/ Triple Cha Fwd ;; [Rk Fwd Recover] Bk Triple Cha ;;  
Break to Open Recover w/ Sd Cha Apt ; Spot Turn w/ Cha Tog ; Traveling Door ; Sd Walk Half [RLOD] ;
- B Break to Open w/ Triple Cha Fwd ;; [Rk Fwd Recover] Bk Triple Cha ;;  
Break to Open Recover w/ Sd Cha Apt ; Spot Turn w/ Cha Tog ; Traveling Door ; Sd Walk Half [RLOD] ;
- C [1-6] Chase w/ Triple Cha [in] ;; Both Turn w/ Triple Cha [out] ;; Cucaracha [Peekaboo] 2X ;;
- E [Solo] Traveling Door ; Lunge Sd and Look at Partner ;