Girl On Fire

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Music: Girl On Fire  Artist: Alec Medina  CD: Chartbreaker for dancing vol 15
TIME: 3:23  Available from Casa Mucia (www.casa-musica.de)  Speed: 100%
Rhythm: RB  Phase: IV+2 (Op Hip Twist, Spiral)  Difficulty: ADV
Footwork: Opposite, directions for M

Seq.: INTRO-A-B-C-D-ModA- END

Intro
1-4  Wait 1 Meas; Sumburst; Cuca w/ARM; FAN;
1-4  in tandem both fc WALL lead foot free no hnds wait 1 meas; the hands in a slow sunburst motion with fingers extended; rk sd L sweep lead arm down & up, rec R, cl L, - ; bk bk R, rec L, sd R (W swvl on R trng 1/4 LF fwd L, fwd R trng 1/2 LF to fc RLOD, bk L - end in fan fc RLOD);

5-8  ALEMANA;; M SPT TRN/W TIME STEP; M TIME STEP/W SPT TRN;
5-8  fwd L, rec R, cl L (W cl R, fwd L, fwd R comm RF swvl to fc ptr), -; bk R, rec L, sd R (W trn RF under lead hnd fnd L, cont RF trn fnd R, sd L), -; XLIF trng 1/2 RF, rec R cont trng 1/2 R to fc, sd L (W XRIB, rec L, sd R), -; XRIB, rec L, sd R (W XLIF trng 1/2 RF, rec R, cont trng 1/2 RF to fc, sd L), - to BFY WALL;

PART A
1-4  NY; AIDA; S RK FWD & REC; SWITCH ROCK;
1-4  in BFY WALL swvl on R thru L to LOP RLOD, rec R, sd L, - to BFY WALL; thru R, sd L cont RF trn fc RLOD, bk R, -; rk fvd L, -, rec R, -; trn LF fc to ptr sd L, rec R, sd & fvd L, -;

5-8  UNDRM TRN w/neckwrap; S WK 2; UNWRAP; HND TO HND;
5-8  bk R, rec L (W under jnd lead hnds XLIF trng 1/2 RF, rec R contg trng 1/4 RF fvd R, - end in NECKWARP RLOD; fvd L, -, fvd R, -; fvd L, rec R to fc ptr, sd L (W XRIF trn 1/2 LF, rec L cont trn LF, sd R), - to BFY WALL; swvl on L bk R to LOP RLOD, rec L to fc, sd R, - to CP WALL;

9-12  SCALLOP;; TWISY VIN 3; SHLDR TO SHLDR to L HND STAR;
9-12  rk bk L, rec R, sd L to fc ptr, -; thru R, sd L, cl R to CP WALL; sd L, XRIB (W XLIF, sd R, -; rk fvd R (W rk bk L) to BJO, rec L to fc, sd R, - to l hnd STAR RLOD;

13-16  UMBRELLA TRN;;;
under joined hnd), -; bk R, rec L, sd R (W bk L, rec R, sd L trn 1/4 RF under joined hnd), - to BFYWALL;

PART B
1-4 OP HIP TWIST; FAN; ALEMANA;:
1-4 in BFYWALL release trail hnd fwd L, rec R, cl L (W bk R, rec L, fwd R swivel 1/4 RF on R fc LOD), -; bk R, rec L, sd R (W fwd L, fwd R 1/2 LF trn fc RLOD, bk L), -; repeat meas 5-6 of INTRO to ends in M's R side;

5-8 LARIAT 3 to LOP LOD; S RK SD & REC; SLDG DR; CUCA M tch to SHADOW;
5-8 in plc stp L, stp R, stp L (W circ CW &md M with joined lead hnds fwd R fwd L, fwd R), - end in LOP LOD; lunge apt R extend trail hnd, -; rec L, -; rk sd R, rec L, XRIF, - to OP LOD; rk sd L, rec R, tch L (W rk sd R, rec L, cl R), - to Shadow LOD;

PART C
1-4 SHADOW DIAMOND TRN w/ W REV TWRL to Shadow WALL;:
1-4 in Shadow LOD fwd L comm. LF trn, sd R cont LF trn, bk L fc DLC, -; bk R cont LF trn, sd L cont LF (W LF twrl sd L), fwd R fc RDC, -; fwd L comm. LF trn, sd R cont LF trn, bk L fc DRW, -; bk R cont LF trn, sd L cont LF trn, fwd R to shadow DLW, -;

5-8 Shadow FNC LIN; Shadow SERPIENTE; SPT TRN to BFY;
5-8 XLIF, rec R, sd L, -; thru R, sd L, XRIB, fan L; XLIB, sd R, thru L, fan R; XRIF trng 1/2 LF, rec L, cont trng 1/2 LF, sd R to fc (XRIF trng 1/2 LF, rec L, sd R), - to BFYWALL;

9-12 L foot CIRCULAR SERPIENTE; OPPOSITE FNC LIN; OPPOSITE SPT TRN W in 4 to R HND SHAKE;
9-12 thru L, sd R, XLIB, fan R; XRIB, sd L, thru R, fan L; x lunge thru L bent knee, rec R, sd L (W x lunge thru L bent knee, rec R, sd L), -; XRIF trng 1/2 LF, rec L, cont trng 1/2 LF to fc, sd R, - (W XRIF trng 1/2 RF, rec L cont trng 1/2 RF to fc, sd R, rec L) to both R hand shake WALL;

13-16 TRADE PLACE 3 Times to Shadow Ending RLOD; WHEEL 3 W Roll Out to LEAD HND JND;
13-16 rk apt L, rec R trng 1/4 RF bhd W releasing jnd R hnds to momentary tandem, trng 1/4 RF to fc ptr sd & bk L to jnd L hand, -; rk apt R, rec L trng 1/4 LF bhd W releasing jnd L hnds to momentary tandem, trng 1/4 LF to fc ptr sd & bk R to R hnd jnd, -; rk apt L, rec R trng 1/4 RF bhd W releasing jnd R hnds to momentary tandem, sd L, - to Shadow RLOD; Wheel RF fwd R, fwd R, fwd R (W bk L, roll RF bk & sd R, sd L), - to lead hnd jnd WALL;
Part D

1-4 **OP HIP TWIST; FAN; HOCKEY STICK;;**

1-4 in lead hnd jnd WALL repeat meas 1-2 of PART B;; fwd L,rec R,cl L(W cl R,fwd L,fwd R),-; bk R,rec L,fwd R(W fwd L, fwd R trng LF to fc ptr, sd&bk L),- to BFY DRW;

5-8 **FWD CK W DEVELOPE; M BK TO AIDA; SWICH X; SD WK;;**

5-8 fwd L outsd ptr checking,-,-,-(W bk R,-,bring Left foot up R leg to inside of Right knee,extend L foot fwd); bk R(W XLIF),sd L cont RF trn fc RLOD,bk R,-; trn LF (W RF) sd L to fc ptr, rec R,XLIF ,-, sd R,cl L, sd R,-;

**mod PART A**

1-4 **NY; AIDA; S RK & REC; SWITCH ROCK;;**

5-12 **UNDRM TRN w/neckwrap; S WK 2; UNWRAP; HND TO HND;;**

9-12 **SCALLOP;; TWISY VIN 3; SHLDR TO SHLDR;;**

9-12 in BFY WALL Repeat meas 1-12 of PART A end in M's R side;;;;;;;;;

13-16 **LARIAT 3 to LOP LOD; S RK SD, REC; SLDG DR; CUCA M tch to SHADOW;;**

13-16Repeat meas 5-8 of PART B end in Shadow LOD;;;;;

**End**

1-4 **Shadow DAIAMOND TRN w/W REV TWRL to Shadow;;;;**

1-4 in Shadow LOD Repeat 1-4 of PART C;;;;;

5-8 **SHADOW FNC LIN; SHADOW CRAB WK; PARALLEL CHS;;**

5-8 Repeat meas 5 of PART C; XRF, sd L,XRF,,-; sd L trn RF to L VARS,rec fwd R trng RF,fwd L,,-; sd R trng LF to VARS, rec fwd L trng LF,fwd R,,-;

9-11 **FAN M 2S; START HOCKEY STICK LADY SPIRL; WRAP 2 & Sumburst:***

9-11 rk sd L,-,rk sd R,- (W fwd L,fwd R trng 1/2 LF to fc RLOD,bk L); fwd L,rec R,cl L(W cl R,fwd L,fwd R spiral 7/8 LF under lead hnd ) to fc ptr,--; keeping jnd lead hnd down rk sd R,rk sd L,(W warp LF trng LF sd & fwd L,cont trn sd R) end in wrapped WALL, released both hand & raise the hands in a slow sunburst motion with fingers extended;

----- Special Thanks to Sachiko & Yoshitaka Araki ----
<Quick Cue>  Girl On Fire(Yasuyo Watanabe) RB-IV+2

Intro
1-4  in tandem both fc WALL lead foot free Wait 1 Meas; SunBurst; Cuca w/ARM; FAN;
5-8  ALEMANA;; M SPT TRN/W TIME STEP; M TIME STEP/W SPT TRN to BFY;

PART A
1-4  NY; AIDA to the Line; S RK FWD & REC; SWITCH ROCK;
5-8  UNDRM TRN lady neckwrap; S WK 2; UNWRAP neckwrap; HND TO HND to CP;
9-12 SCALLOP to CP;; TWISY VIN 3; SHLDR TO SHLDR to L HND STAR;
13-16 UMBRELLA TRN to BFY WALL;;;;

PART B
1-4  OP HIP TWIST to FAN;; ALEMANA;;
5-8  to a LARIAT 3 to LOP LOD; S RK SD & REC; SLDG DR; CUCA M tch to SHADOW;

PART C
1-4  Left ft SHADOW DIAMOND TRN w/W REV TWRL to Shadow WALL
5-8  Shadow FNC LIN; Shadow SERPIENTE;; SPT TRN W trn to BFY;
9-12 L foot CIRCULAR SERPIENTE;; OPPOSITE FNC LIN; OPPOSITE SPT TRN W in 4 to R HND SHAKE;
13-16 TRADE PLACE 3 Times to Shadow Ending fc RLOD;;; WHEEL 3 W Roll Out to FC (to jnd LEAD HND)

PART D
1-4  OP HIP TWIST to FAN; HOCKEY STICK to BFY REV WALL;;
5-8  FWD CK W DEVELOPE; M BK TO AIDA; SWICH X; SD WK;

mod PART A
1-4  NY; AIDA to the Line; S RK FWD & REC; SWITCH ROCK;
5-8  UNDRM TRN lady neckwrap; S WK 2; UNWRAP neckwrap; HND TO HND to CP;
9-12 SCALLOP to CP;; TWISY VIN 3; SHLDR TO SHLDR;
13-16 to aLARIAT 3 to LOP LOD; S RK SD, REC; SLDG DR; CUCA M tch to SHADOW;

End
1-4  Left ft SHADOW DIAMOND TRN w/W REV TWRL to Shadow WALL
5-8  SHADOW FNC LIN; SHADOW CRAB WK; PARALLEL CHS;;
9-11 FAN M 2S; START HOCKEY STICK LADY SPIRL; WRAP 2 &SUNBRUST;

---- Special Thanks to Sachiko & Yoshitaka Araki ----