

Girl On Fire

Dance by.: YASUYO WATANABE, 24 NAKASEKO-CHO, TOYOHASHI 440-0815, JAPAN

E-mail: dancebyyasuyo@gmail.com **Released:** June 2016 vol 1.3

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, -; rk 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 fwd L, cont RF trn fwd 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 fwd L, -, rec R, -; trn LF fc to ptr sd L, rec R, sd & fwd 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) fwd R, - end in NECKWARP RLOD; fwd L, -, fwd R, -; fwd 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 fwd R (W rk bk L) to BJO, rec L to fc, sd R, - to L hnd STAR RLOD;

13-16 UMBRELLA TRN;:::

13-16 in L HND STAR RLOD fwd L, rec R, bk L (W bk R, rec L, fwd R trng 1/2 LF under joined hnd), -; bk R, rec L, fwd R (W bk L, rec R, fwd L trn 1/2 RF under joined hnd), -; fwd L, rec R, bk L (W bk R, rec L, fwd R trng 1/2 LF

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 BFY WALL 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 arnd 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 BFY WALL;

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;

13-16rk 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;

5-8 UNDRM TRN w/neckwrap; S WK 2; UNWRAP; HND TO HND;

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

1-12 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;

13-16 Repeat 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; XRIF,sd L,XRIF,-; 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 trngLF 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;

<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 TWRLto 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 ----