

"ALL FIRED UP"

INT.

RECORD: WB RECORDS 7-18192-A -- DAN SEALS  
CHOREO: Marge Callahan, Jacksonville, Florida  
INTRO: Wait 16 beats, start with LEFT foot

\*\*\*\*\*  
HEEL

BEATS TIMES STEP & CUES  
(PART A) "UTAH"

16 (1) L DS & R KICK R LRLR DSR SRS L KICK L DSR SRS (move Lt.)  
&1 & 2 &3&4&5 & 6 &7&8

"TWO TRIPLES"

16 (1) REPEAT ABOVE 16 BEATS, OPPOSITE FOOTWORK (move Rt.)

8 (1) L DS R ROCK(XIF) L STEP(Rt.) R ROCK(XIB) L STEP(Rt.)  
&1 & 2 & 3

"RUNNING ROCK LEFT"

R BR(UP) L H  
& 4

"FANCY DOUBLE"

8 (1) REPEAT ABOVE 8 BEATS, OPPOSITE FOOTWORK

8 (1) L DS R TA R DS L TA "TOUCH ACROSS"

8 (1) L DS R TB R DS L TB "TOUCH BACK"

8 (2) L DT(B) L BR(UP) L DSR SRS "HARD STEP"  
ALTERNATE FOOTWRK

\*\*\*\*\* (CHORUS) "OHIO" \*\*\*\*\*

16 (2) L DS R ROCK(XIF) L STEP(B) R ROCK(B) L HEEL/FLAP(F)  
&1 & 2 & 3 &

R STEP L DBL(UP) L DS R DBL(UP) R TCH HEEL  
4 & 5 &6 & 7 & 8

8 (1) L DSR SRS R DSR SRS L DBL BO/HEEL(OTS) L BO/TOE(OTS) R  
&1&2 &3&4 & 5 &

R BO/HEEL(OTS) L BO/TOE(OTS) L BO/HEEL(OTS) R  
6 & 7

L BO/TOE(OTS) R BO/HEEL DIG(F) "THE BEAR"  
& 8 pause

8 (1) "TWO STOMP DOUBLES"

\*\*\*\*\*

"ALL FIRED UP" cont'd

*****						
HEEL						
<u>BEATS</u>	<u>TIMES</u>	<u>STEP</u>		<u>&amp;</u>	<u>CUES</u>	
		(INTERLUDE)			"FORWARD FOUR"	
4	(1)	FOUR DS FORWARD				
4	(1)	FOUR DRAG STEPS BACK			"DRAG BACK"	
4	(1)	FOUR DS FORWARD			"FORWARD FOUR"	
4	(1)	FOUR DRAG STEPS BACK			"DRAG BACK"	
16	(1)	"CLOG-OVER VINE"		LEFT & RIGHT		
*****						
			(PART B)		"BREAK-IT"	
16	(2)	<u>L</u> DS	<u>R</u> DBL(XIF)	<u>RXIFL</u> BREAK(Lt.)	<u>RXIFL</u> BREAK(Rt.)	&
		&1	&	2	3	&
		<u>RXIFL</u> BREAK(Lt.)	<u>L</u> ROCK	<u>R</u> STEP	<u>L</u> DS	<u>R</u> DSRS(turn 1/2 Lt.)
		4	&	5	&6	&7&8
8	(1)	THREE "KENTUCKY DRAGS" LEFT		& A	"BASIC"	
8	(1)	THREE "KENTUCKY DRAGS" RIGHT		& A	"BASIC"	
*****						
32	(1)	REPEAT		<u>CHORUS</u>		
		"OHIO" -- "OHIO" -- "THE BEAR"				
		"TWO STOMP DOUBLES"				
*****						
		(BRIDGE)				
8	(1)	"TRIPLE STAMP FORWARD" -- "TRIPLE BACK"				
4	(1)	"CHARLESTON"				
*****						
		(ENDING)				
		"NEWCUT LEFT"				
16	(2)	<u>L</u> DS	<u>R</u> DS(XIF)	<u>L</u> DS	<u>R</u> TCH HEEL	add a "FANCY DOUBLE"
		Move left - right				
4	(2)	DOUBLE STEP BRUSH UP			"FONTANAS"	
1	(1)	pause	<u>R</u> HOP	<u>L</u> HEEL DIG(F)	"HOP N' DIG"	
*****						

SEQUENCE: A CHORUS INTERLUDE B CHORUS BRIDGE ENDING  
 ABBREVIATIONS: DSRS=Double toe step rock step. DS=Double toe step. DBL=Double toe. DSRSRS=Double toe step rock step rock step. TA=Touch across. TB=Touch back. BR=Brush. BO=Bounce. RXIFL=RIGHT ACROSS IN FRONT OF LEFT.(OTS)=Out to side. (XIB)=Cross in back. (B)=Back. (F)=Front. TCH=Touch. Lt.=Left. Rt.=Right

Marjorie A Callahan  
 7224 Kivler Dr  
 Jacksonville FL 32210-4726