

Run Through Fire

Choreographer: Angela Boaz

Phone Number: 714-329-8798

Download: Amazon, iTunes **Time as downloaded:** 3:05

Rhythm - Phase: Rumba - Phase IV + 1 [Cuddle]

Sequence: Intro-A-B-C-A-B-C-Ending

Email: Angela.Boazrd@gmail.com

Song: Run Through Fire

Album - Artist: Run Through Fire [single] - Pink Sweat\$

Released: June 28, 2024 **Tempo:** - 47 rpm +4.6%

Footwork: Opposite Unless Noted

- INTRODUCTION -

1 - 4 HANDSHAKE WALL WAIT ; START a FLIRT ; BACK BASIC ; SLIDING DOOR :

1-2 **{Wait}** Wait 1 meas Handshake WALL Id ft free; **{Start a Flirt}** Fwd L, rec R, sd L (*W bk R, fwd L, fwd R trng ½ LF*), - Varsouvienne WALL;
QQS
QQS 3-4 **{Bk Bas}** Bk R, rec L, fwd R, -; **{Sldg Dr}** Rel R hnds sd L, rec R, XLif rel L hnds (*W sd R, rec L, XRif Xif of M*), -;

5 SLIDING DOOR LADY TURN to CP WALL :

QQS 5 **{Sldg Dr Lady Trn to CP WALL}** Jn Id hnds sd R, rec L, cl R (*W sd L, rec R trn ½ RF, sd L*), - CP WALL;

- Part A -

1 - 4 CROSS BODY to LOP LOD ; ; 2 SLOW HIP ROCKS ; ALTERNATIVE BASIC LADY CIRCLE to LOP-FCG LOD :

QQS 1-2 **{X Bdy to LOP LOD}** Fwd L, rec R, trn ¼ LF sd L (*W bk R, rec L, fwd R*), -; Bk R, fwd L, trn ¼ LF sd R (*W fwd L, fwd R trn ¾ LF, sd L*), - LOP LOD;
QQS
SS 3-4 **{2 Slo Hip Rks}** Rk L w/ hip roll sd & bk, -, rec R w/ hip roll sd & bk, -; **{Alternative Bas Lady Circ to LOP-FCG LOD}** Cl L, sip R, sd L, - (*W circ CW fwd R, fwd, L, fwd R, swvl on R fc RLOD*) to LOP-FCG LOD;

5 - 8 BACK BASIC FACE RLOD LADY CIRCLE WITH CARESS FACE PARTNER ; BOLERO WHEEL 3 FACE WALL ; SIDE ROCK 3 to LCP ; REVERSE UNDERARM TURN in 4 to LCP WALL :

QQS 5-6 **{Bk Bas Fc RLOD Lady Circ w/ Caress Fc Ptr}** Bk R, rec L plc W's R hnd on M's R shldr, fwd R swvl ½ LF fc RLOD (*W fwd arnd M L, R, L while brushg R hnd acrs to M's L shldr fc COH, swvl RF fc ptr*); **{BL Whl 3 Fc WALL}** To BL BJO Whl fwd L, R, L, - to fc WALL;
QQS
QQS 7-8 **{Sd Rk 3 to LCP}** Rollg hips sd & bk sd R, rec L, rec R, jn Id hnds LCP WALL ;
QQQQ **{Rev Undrm Trn in 4 to LCP WALL}** XLif, rec R, sd L, cl R (*W swvlg ¼ LF fwd R, trng ½ LF rec L, trng ¼ LF sd R, cl L*) to LCP WALL;

- Part B -

1 - 4 PROGRESSIVE CUCARACHA twice ; ; ½ BASIC to BFLY ; CRAB WALK 3 BFLY WALL:

QQS 1-2 **{Prog Cuca twice}** Sd L w/partial wgt, rec R, fwd L, -; Sd R w/partial wgt, rec L, fwd R, -;
QQS
QQS 3-4 **{½ Bas to BFLY}** Fwd L, rec R, sd L, - BFLY; **{Crb Wik 3 BFLY WALL}** XRif (*W XLif*), sd L, XRif (*W XLif*), - BFLY WALL;

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- Part B [cont] -

- 5 - 8** **SYNCOPATED VINE 5 ; AIDA LINE SYNCOPATED ROCK 3 to FACE BFLY WALL ; SIDE WALK 3 ; FORWARD BASIC LADY HAND to CHEST ;**
- QQ&QQ 5-6 {**Sync Vin 5**} Sd L, XRib (*W XLib*)/sd L, thru R, sd L; {**Aida Line Sync Rk 3 to Fc BFLY WALL**} Trn RF Bk-Bk "V" Pos bk R, -/rk fwd L, rec R, rec L to BFLY WALL;
- S&QQ
QQS 7-8 {**Sd Wik 3**} Sd R, cl L, sd R, -; {**Fwd Bas Lady Hnd to Chest**} Fwd L, rec R, bk & sd L trng
QQS $\frac{1}{8}$ RF to fc DRW w/ L sldr ld (*W plc R hnd on M's chest*), -;
- 9 - 12** **SLOW ROCK 2 ; HOCKEY STICK ENDING to BFLY SCAR DRW ; DEVELOPE ; BACK SIDE CLOSE to BFLY WALL ;**
- SS 9-10 {**Slo Rk 2**} Twd DLC Rk fwd R, -, rec L, -; {**Hky Stk Ending to BFLY SCAR DRW**} Bk R, fwd L,
QQS fwd R (*W swvl LF to fc DRW fwd L, fwd R trng $\frac{1}{2}$ LF fc ptr, sd & bk L*), - BFLY SCAR DRW ;
- S - - 11-12 {**Develope**} Fwd L outsd ptr, -, - (*W bk R, bring L ft up R leg to insd R knee, extend L ft fwd*), -;
QQS {**Bk Sd Cl to BFLY WALL**} Bk R fc WALL, sd L, cl R, - BFLY WALL;

- Part C -

- 1 - 4** **CUCARACHA CROSS ; ROCK 3 LADY ROCK to FACE LOD & UNDER to FAN ; HOCKEY STICK to BFLY DRW ; ;**
- QQS 1-2 {**Cucaracha Cross**} Sd L w/partial wgt, rec R, XLif (*W XRif*), -; {**Rk 3 Lady Rk to Fc LOD & Undr to Fan**} Rk sd R, rec L, rec R (*W swvl $\frac{1}{4}$ RF bk L, undr jn ld hnds rec R, fwd L swvl $\frac{1}{2}$ RF to fc RLOD*), -;
- QQS 3-4 {**Hockey Stick to BFLY**} Fwd L, rec R, cl L (*W cl R, fwd L, fwd R*), -; Bk R, rec L, fwd R following W (*W fwd L, fwd R undr jn ld hnds trn $\frac{5}{8}$ LF fc ptr, sd & bk L*), - BFLY DRW;
- 5 - 8** **$\frac{1}{2}$ BASIC to WRAP M TOUCH FACE WALL ; SIDE ROCK 3 ; BACK BASIC POINT SIDE LADY UNWRAP to BFLY ; FENCE LINE to CP ;**
- QQ-(QQS) 5-6 { **$\frac{1}{2}$ Bas to WRP M Tch fc WALL**} Fwd L, rec R trng $\frac{1}{8}$ LF, tch L (*W bk R, fwd L trng $\frac{5}{8}$ LF to WRP, sd & bk R*), - WRP WALL; {**Sd Rk 3**} Rollg hips sd & bk sd L, rec R, rec L, -;
- QQ-(QQS) 7-8 {**Bk Bas Pt Sd Lady Unwrp to BFLY**} Bk R, rec L, pt R twd RLOD (*W bk R, rec L, fwd R trng $\frac{1}{2}$ RF*), - BFLY WALL; {**Fnc Line to CP**} X lun thru R, rec L, sd R, - CP WALL;

- Part A -

- 1 - 8** **CROSS BODY to LOP LOD ; ; 2 SLOW HIP ROCKS ; ALTERNATIVE BASIC LADY CIRCLE to LOP-FCG ; BACK BASIC FACE RLOD LADY CIRCLE WITH CARESS FACE PARTNER ; BOLERO WHEEL 3 FACE WALL ; SIDE ROCK 3 to LCP ; REVERSE UNDERARM TURN IN 4 to LCP WALL ;**
- 1-8 Rpt Part A, Meas 1-8,,,,,,,,,,,,;

- Part B -

- 1 - 12** **PROGRESSIVE CUCARACHA twice ; ; $\frac{1}{2}$ BASIC to BFLY ; CRAB WALK 3 ; SYNCOPATED VINE 5 ~ AIDA LINE ~ SYNCOPATED ROCK 3 to FACE BFLY WALL ; ; SIDE WALK 3 ; FORWARD BASIC LADY HAND to CHEST ; SLOW ROCK 2 ; HOCKEY STICK ENDING to BFLY SCAR DRW ; LADY DEVELOPE ; BACK SIDE CLOSE to BFLY WALL ;**
- 1-12 Rpt Part B, Meas 1-12,,,,,,,,,,,,;

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- Part C -

1 - 8 **CUCARACHA CROSS ; LADY ROCK to FACE LOD & UNDER to FAN ; HOCKEY STICK to BFLY DRW ; ; ½ BASIC to WRAP M TOUCH FACE WALL ; SIDE ROCK 3 ; BACK BASIC POINT SIDE LADY UNWRAP to BFLY ; FENCE LINE to LOP-FCG WALL ;**

1-8 Rpt Part C, Meas 1-8 to LOP-FCG WALL,,,,,,,,;

- ENDING -

1 - 4 **ALEMANA CP WALL ; ; CUDDLE to a CUDDLE CORTE ; HIP ROCK 3 ;**

QQS 1-2 **{Alemana CP WALL}** Fwd L, rec R, cl L (*W bk R, fwd L, fwd R swvl slightly RF*), -; Bk R, rec L, sd R (*W fwd L trn RF undr jnd ld hnds, fwd R trn RF fc ptr, sd L*), - CP WALL ;

QQS 3-4 **{Cuddle to a Cuddle Corte}** Sd L, rec R, bk & sd L lower on L knee (*W trng up to ½ RF bk R, comm LF trn rec L, comp trn fwd & sd R*), - Cuddle Pos; Twd DRW sd & fwd R, rec L, rec R, -;

5 **CORTE ;**

S 5 **{Corte}** Bk & sd L lower on L knee, -, -, - Cuddle Pos ;

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Quick Cues

INTRO: (5 MEAS)

WAIT ; START A FLIRT ; BK BAS ; SLDNG DR TWICE LADY TRN TO CP WALL ; ;

PART A: (8 MEAS)

X BDY TO LOP LOD ; ; 2 SLO HIP RKS ; ALTERNATIVE BAS LADY CIRC TO LOP-FCG ; BK BAS FC RLOD LADY CIRC W/ CARESS TO BOLERO BJO ; WHL 3 TO FC WALL ; SD RK 3 LCP ; REV UNDRM TRN IN 4 TO LCP WALL ;

PART B: (12 MEAS)

PROG CUCA TWICE ; ; ½ BAS TO BFLY ; CRB WLK 3 ; SYNC VIN 5 ~ AIDA LINE ~ SYNC RK 3 TO FC BFLY WALL ; ; SD WLK 3 ; FWD BAS LADY HND TO CHEST ; SLO RK 2 ; HKY STK ENDING TO BFLY SCAR ; DEVELOPE ; BK SD CL TO BFLY WALL ;

PART C: (8 MEAS)

CUCA X ; LADY RK TO FC LOD & UNDR TO FAN ; HKY STK TO BFLY ; ; ½ BAS TO WRP M TCH FC WALL ; SD RK 3 ; BK BAS PT SD LADY UNWRP TO BFLY ; FNC LINE CP ;

PART A: (8 MEAS)

X BDY TO LOP LOD ; ; 2 SLO HIP RKS ; ALTERNATIVE BAS LADY CIRC TO LOP-FCG ; BK BAS FC RLOD LADY CIRC W/ CARESS TO BOLERO BJO ; WHL 3 TO FC WALL ; SD RK 3 LCP ; REV UNDRM TRN IN 4 TO LCP WALL ;

PART B: (12 MEAS)

PROG CUCA TWICE ; ; ½ BAS TO BFLY ; CRB WLK 3 ; SYNC VIN 5 ~ AIDA LINE ~ SYNC RK 3 TO FC BFLY WALL ; ; SD WLK 3 ; FWD BAS LADY HND TO CHEST ; SLO RK 2 ; HKY STK ENDING TO BFLY SCAR ; DEVELOPE ; BK SD CL TO BFLY WALL ;

PART C: (8 MEAS)

CUCA X ; LADY RK TO FC LOD & UNDR TO FAN ; HKY STK TO BFLY ; ; ½ BAS TO WRP M TCH FC WALL ; SD RK 3 ; BK BAS PT SD LADY UNWRP TO BFLY ; FNC LINE LOP-FCG ;

ENDING: (5 MEAS)

ALEMANA ; ; CUDDLE TO A CUDDLE CORTE ; HIP RK 3 ; CORTE ;