

“Advanced Fire” by Tasha (Debra K. Lewis)

Wait four counts, three step/slide/steps to complete 2-8’s

1st 8-- snake arms with ribcage slide R L R L (2 counts per arm)

2nd 8-- snake arms with lunge R L R L (2 counts per arm)

3rd 8-- 1 and 1/2 (2 count) rib rotations to the left, arms in V  
1 and 1/2 (2 count) rib rotations to the right, arms in V

4th 8-- arms down, undulate 4 counts, set up to reverse undulate 4 counts,  
arms to V

2-8’s piston shimmy, arms stay up first 8, come down second 8

1st 8-- 2 count figure 8 R L, 2 count R R, 2 count L L

2nd 8-- 2 count figure 8’s with shimmy, R L R L

3rd and 4th 8’s-- repeat sequence

1st 8--3/4 shimmy R center L center R center L center: R center L center R  
center L center, PLACE RIGHT FOOT NEXT TO LEFT

8-- twist R L R L R L R L R L

next 8 repeat twist sequence in a circle to the left

- 1) weight on the left, right toe forward twist RLR
- 2) weight to the right foot, pivot to the back, left toe forward twist LRL
- 3) weight to the left foot, right toe toward the back twist RLR
- 4) weight to the right foot, pivot to the front twist LRL

next 8-- large hip circle to the left starting on the right, swoop upper body

Drum solo 4-8's

shoulder shimmy aim L, drop lift

shoulder shimmy aim R, drop lift

shoulder shimmy aim center, drop lift

2 umi umis

shoulder shimmy aim L, drop lift

shoulder shimmy aim R, drop lift

2 umi umis, set up slow reverse undulation, arms up to V

arms open out with dramatic held note

with drum accents, hips RLR, LRL, RLR, LRL

inhale, large arm circle up to releve, arms down the center to the floor

{{back to center, slide weight into right hip and position arms for "Janet Jackson" accents hips RL, hips RL, umi umi to left, rib rotation to left, two umi umis to left}} repeat this sequence

four accent beats Karshlima step forward R (hip) center L (hip) back R (hip) center L (hip)

continue Karshlima step five times with 3/4 shimmy around in a circle

2-8's-- figure 8 starting on right hip with shimmy

next 8--3/4 shimmy R center L center R center L center: R center L center  
R center L center, PLACE RIGHT FOOT NEXT TO LEFT

8-- twist R L R L R L R L R L

next 8 repeat twist sequence in a circle to the left

- 1) weight on the left, right toe forward twist RLR
- 2) weight to the right foot, pivot to the back, left toe forward twist LRL
- 3) weight to the left foot, right toe toward the back twist RLR
- 4) weight to the right foot, pivot to the front twist LRL

next 8-- large hip circle to the left starting on the right, swoop upper body

counts 1-2-3---step left, hip roll right with arms that "pull taffy apart" into  
high 4th position with right toe up, count 4 is individual hip circle (down and  
back to up position) then four hips drops

repeat to right

repeat to left

counts 1-2-3---step right, hip roll leftt with arms that "pull taffy apart" into  
high 4th position with left toe up, count 4 is individual hip circle (down and  
back to up position), counts 5 & 6 another individual hip circle, arms come  
to side, feet flat to shimmy, catch three pelvic lock back accents

4 count reverse undulation, 4 count undulation  
4 count reverse undulation, 4 count shoulder shimmy

starting on the right, 8-step slide steps, arms in 5th

to accents hips RL, rib cage up down, repeat

4 count arm circle up the middle and open out, shimmy, arms come back  
up to V