

Fire in My Bones

Count: 32

Wall: 2

Level: Intermediate

Choreographer: Trent Duncan (AUS) & Narelle Duncan (AUS) - June 2026

Music: Stand My Ground - Cochren & Co.

Tags: 3 16 Count Intro - Start on Lyrics

Sequence - 1, T1, 2, T2, 3, 4, T2, 5, T3, 6, T2

[1-8] Side, Drag, Weave, Scissor Step, Night Club, 3/4 Turn

- 1-2&3 Step R to R Side, Drag L Heel Towards R (1), Step L behind R (2), Step R to R side (&), Step L across in front of R (3)
&4-5 Step R to R Side (&), Step L Beside R (4), Step R across in front of L (5)
6-7& Step L to L side, Drag R towards L (6), Step R back slightly behind L (7), Recover Weight onto L (&)
8& Turning 1/4 Turn L step R back (9:00) (8), Turning 1/2 Turn L Step Fwd L (3:00) (&)

[9-16] Sweep, Samba Step, Step Lock Shuffle, Back Drag, Weave

- 1-2&3 Sweep R foot around to front, Step R foot across in front of L (2), Step L to L side (&), Step R to R side (3)
(This Samba step end facing the 4:30 Wall angle)
4&5-6 Step L fwd (4), Step Lock R behind L (&), Step L fwd (5), Step R back and Drag L back towards R (6)
7&8 Step L behind R (straighten up to face 6:00) (7), Step R to R side (&), Step L across in front of R (8)

[17-24] Point, Touch Point, 1/4 Sweep Sailor, Vaudeville, Weave

- 1&2 Point R toe to R side (1), Touch R beside L (&), Point R toe to R side (2)
3&4 Sweep R foot around as you turn 1/4 Turn R (9:00), Step R behind L (3), Step L to L side (&), Step R to R side (4)
5&6& Step L across in front of R (5), Step R slight to R side and back (&), Touch L heel at 45deg (6), Step L beside R (&)
7&8 Step R across in front of L (7), Step L to L side (&), Step R behind L (8)

[25-32] 3/4 Mambo Rock, 1/2 Lock Shuffle, Coaster Step, Walk RL

- 1&2 Turning 1/4 Turn L Step L fwd (6:00) (1), Turning 1/4 Turn L Recover weight Onto R (&), Turning 1/4 Turn L Step L fwd (12:00) (2)
3&4 1/2 Lock Shuffle - Turning 1/2 L stepping R back (3), Lock L across R (&), Step back on R (4) - (6:00)
5&6 L Coaster Step: Step L Back (5), Step R beside L (&), Step L fwd (6)
7-8 Step R fwd (7), Step L fwd (8)

END OF DANCE

TAG 1 - END OF WALL 1 - 4 COUNT - Facing 6:00

Tiny Tag

- 1-4 Step R Fwd, Rock/Recover weight back onto L, Step R Back, Drag L back beside R

TAG 2 - END OF WALLS 2, 4, 6 - 16 COUNT - Facing 12:00

Big Tag

[1-8] Rock Recover, Back Tap, Back Tap, Coast Step, 1/2 Chase Step

- 1-2 Step R fwd (1), Rock recover weight back into L (2)
&3-&4 Step R Back (&), Tap L beside R (3), Step L Back (&), Step R beside L (4)
5&6 R Coaster Step - Step R Back (5), Step L Beside R (&), Step R Fwd (6)
7&8 Step L Fwd (7), Pivot 1/2 Turn Over R (&) weight onto R, Step L Fwd (8)

[9-16] Repeat Counts 1-8

- 1-2 Step R fwd (1), Rock recover weight back into L (2)
&3-&4 Step R Back (&), Tap L beside R (3), Step L Back (&), Step R beside L (4)
5&6 R Coaster Step - Step R Back (5), Step L Beside R (&), Step R Fwd (6)
7&8 Step L Fwd (7), Pivot 1/2 Turn Over R (&) weight onto R, Step L Fwd (8)

TAG 3 - END OF WALL 5 - 6 COUNT Facing 6:00

Little Tag

- 1-2 Step R Fwd, Rock/Recover weight back onto L
3-6 Step R Back, Long slow Drag L back beside R taking weight onto L