

Fire & The Flood

LEVEL: Intermediate
ARTIST: Vance Joy LENGTH: 3m 19sec (MUSIC HAS BEEN CUT)
CHOREO: Nathan Ballard
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SPEED: NORMAL
SEQUENCE: INTRO A B C D A B C D ENDING
WAIT: 16 BEATS – Left Foot Lead



PART A – 64 BEATS

8 Sync Rhythm
8 Stamp Race
16 2 Rock This Heel (1/2 R ea)
32 REPEAT

PART B – 16 BEATS

4 Travelling Triple Loop
4 Rock Fancy
8 REPEAT – OPP FOOTWORK

PART C – 64 BEATS

8 Kick & Scoot Basic
(FWD & ANGLE L)
4 2 Bounce Digs (BK)
2 Swish
2 Basic
8 Scotty Quick Bounce
4 Karate Ball Slide (1/2 L)
4 Fancy Double (1/2 L)
32 REPEAT – ANGLE R

PART D – 32 BEATS

16 2 Rock Pull Sequence
(1 & 1/2 L)

PART A – 64 BEATS

8 Sync Rhythm
8 Stamp Race
16 2 Rock This Heel (1/2 R ea)
32 REPEAT

PART B – 16 BEATS

4 Travelling Triple Loop
4 Rock Fancy
8 REPEAT – OPP FOOTWORK

PART C – 64 BEATS

8 Kick & Scoot Basic
(FWD & ANGLE L)
4 2 Bounce Digs (BK)
2 Swish
2 Basic
8 Scotty Quick Bounce
4 Karate Ball Slide (1/2 L)
4 Fancy Double (1/2 L)
32 REPEAT – ANGLE R

PART D – 32 BEATS

16 2 Rock Pull Sequence
(1 & 1/2 L)

ENDING – 1 BEAT

1 Fancy Rock

STEP DESCRIPTIONS: FIRE & THE FLOOD

SYNC RHYTHM:

(P) STO DS STO DS STO STA-STO DS STO DS STO
L R L R L R R L R L R
& 1 &2 & 3& 4 & 5 &6 & 7& 8

STAMP RACE:

STA STO DS(XIF) S(BK) DT(OTS) R(BK) S BA-SL DS DS BA BA
L L R L R R L R R L R L R
& 1 &2 & 3 & 4 & 5 &6 &7 & 8

ROCK THIS HEEL: [In this dance turn ½ R on 5&6&7&8]

DT-BA/K HOP/LIFT TT/BA (P) BA/K HOP/LIFT HD/BA (P) S RS DS RS
L L/R L/R L/R L/R L/R L/R L RL R LR
& 1 & 2 & 3 & 4 & 5 &6 &7 &8

STEP DESCRIPTIONS CONTD: FIRE & THE FLOOD

TRAVELLING TRIPLE LOOP:

DS(OTS) DS(XIF) DS-SL/LOOP-S(XIB)
L R L L /R R
&1 &2 &3 & 4

ROCK FANCY:

RS DS RS RS
LR L RL RL
&1 &2 &3 &4

KICK & SCOOT BASIC:

DS K-R(XIF) S K-R S-SC(F & OTS) S-SC(F & OTS) S DS RS
L R R L R R L L R R L R LR
&1 &2 &3 &4 & 5 & 6 &7 &8

BOUNCE DIG: (In this dance NO TURN — move BACK)

DT-BO/BO(XIF) BO/HD(XIF) SL/LIFT(1/4 L)
L L /R L/R L/ R
& 1 & 2

SWISH:

DT BA/BA(H-OUT) BA/BA(H-IN) SL/LIFT
L L/R L/R L/ R
& 1 & 2

BASIC:

DS RS
R LR
&1 &2

SCOTTY QUICK BOUNCE:

DS DT(XIF) SL DT(X) SL TT(BK) BO/BO(OTS) BO/BO(TOG) BO/BO(OTS) (P)
L R L R L R L/R L/R L/R
&1 & 2 & 3 & 4 & 5 &

DR/DR(TOG) (P) S RS
L/R R LR
6 & 7 &8

KARATE SLIDE:

DS-PVT(1/2 L)/K H RS BA-SL
L L /R L RL R R
&1 & 2 &3 & 4

FANCY DOUBLE:

DS DS RS RS
L R LR LR
&1 &2 &3 &4

ROCK PULL SEQUENCE:

R(OTS) S(OTS) PULL(1/4 L) S(BS) DS RS DS DT(BK) (1/4L) H [DS RS] (1/4L)
L R L L R LR L R L R LR
& 1 & 2 &3 &4 &5 & 6 &7 &8

RS(BK) PULL(1/4L) S(BS) DS RS DS [DT H] (1/2L) DS RS
LR L L R LR L R L R LR
&9 & 10 &11 &12 &13 & 14 &15 &16

FANCY ROCK:

R(OTS) S(XIF)
L R
& 1