

Dancing in the Flames

Count: 128

Wall: 2

Level: Advanced Phrased

Choreographer: Adi Quinn (IRE) - August 2026

Music: Dancing In The Flames - The Weeknd



Intro: 8 counts (dancing starts 2 counts before the lyrics)

Sequence: A, B, B1, A, B, B2, C, B3, Tag, B2

Part A-Verse (48 counts)

S 1 SWAY, SWAY, WALK, WALK, HIP & HIP, STEP, ½ TURN

- 1-4 Sway R hip to the right, Sway L hip to the left, Step R forward, Step L forward
5&6 Step R forward while swaying R hip, Sway L hip back, Sway R hip
7, 8 Step L forward, ½ turn over R shoulder changing weight on R (to face 6:00)

S 2 HIP & HIP, WALK, WALK, ¼ SAILOR, CROSS, SIDE

- 1&2 Step L forward while swaying L hip, Sway R hip back, Sway L hip forward
3, 4 Step R forward, Step L forward
5&6 R sweep behind L while turning ¼ over R shoulder (to face 9:00), L step slightly in front of R,
R step beside L,
7, 8 L cross over R, L sidestep

S3 ¼ SAILOR, WALK, WALK, SHUFFLE FORWARD, STEP, RECOVER

- 1&2 L sweep behind R while turning ¼ over L shoulder (to face 6:00), R step slightly in front of L,
L step beside R,
3, 4 R step forward, L step forward
5&6 R step forward, L beside R, R step forward
7, 8 L step forward, Recover weight on R

S4 ½ TURN SHUFFLE, ½ TURN SHUFFLE, BACK, BACK, COASTER STEP

- 1&2 While turning ½ over L shoulder: L step, R beside L, L step forward (to face 12:00)
3&4 While turning ½ over L shoulder: R step, L beside R, R step backwards (to face 6:00)
5, 6 L step back, R step back
7&8 L step back, R step beside L, L step forward

S5 SIDE, RECOVER, COASTER STEP, SIDE, RECOVER, COASTER STEP

- 1,2 R sidestep, recover on L
3&4 R step back, L step beside R, R step forward
5,6 L sidestep, recover on R
7&8 L step back, R step beside L, L step forward

S6 ROCKING CHAIR, ¼ PADDLE STEP, ¼ PADDLE STEP

- 1-4 R step forward, Recover on L, R step back, Recover on L
5,6 Step forward on ball of R foot, push the floor with R to ¼ turn L over L shoulder (to face 3:00)
7,8 Step forward on ball of R foot, push the floor with R to ¼ turn L over L shoulder (to face 12:00)

Part B – Chorus (48 counts) First B starts at 12:00

S1 KICK, KICK & KICK, KICK, WALK, WALK, SHUFFLE

- 1, 2& Kick R low across L twice (toes pointing), Step R next to L
3, 4& Kick L low across R twice (toes pointing), Step L next to R
5, 6 R step forward, L step forward
7&8 R step forward, L beside R, R step forward

S2 STEP, ½ TURN, ½ TURN SHUFFLE, BACK, RECOVER, SKATE, SKATE

- 1, 2 L step forward, ½ turn over R shoulder (to face 6:00)
3&4 While turning ½ over R shoulder: L step, R beside L, L step back (to face 12:00)
5, 6 R step back, Recover on L
7, 8 R skate diagonal (towards 1:00), L skate diagonal (towards 11:00)

B1 stops here! Continue with A.

S3 SHUFFLE RIGHT, CROSS, RECOVER, SHUFFLE LEFT, STEP, ½ TURN

- 1&2 (Travelling towards 1:00) R step forward, L beside R, R step forward
3, 4 L cross over R, Recover on R
5&6 (Travelling towards 11:00) L step forward, R beside R, L step forward
7, 8 R step forward, Turn over L shoulder (to face 6:00)

S4 KICK BALL STEP, WALK, WALK, SHUFFLE, STEP, ½ TURN

- 1&2 R kick in front, R ball beside L, L step slightly forward
3, 4 R step forward, L step forward
5&6 R step forward, L beside R, R step forward
7, 8 L step forward, Turn over R shoulder (to face 12:00)

B2 stops here! Continue with C.

S5 L STEP-LOCK-STEP, R STEP-LOCK-STEP, L STEP-LOCK-STEP, STEP, ½ TURN

- 1&2 L step forward, R lock behind L, L step forward
3&4 R step forward, L lock behind R, R step forward
5&6 L step forward, R lock behind L, L step forward
7, 8 R step forward, ½ turn over L shoulder (to face 6:00)

S6 R CROSS SAMBA, L CROSS SAMBA, WALK, WALK, SWAY, SWAY

- 1&2 R cross over L, L step out, R step slightly forward
3&4 L cross over R, R step out, L step slightly forward
5, 6 R step forward, L step forward
7, 8 Sway hip to R, Sway hip to L

Part C starts facing 12:00

S1 L SIDE, DRAG, BEHIND, RECOVER, R SIDE, DRAG, BEHIND, RECOVER

- 1-4 L sidestep, Drag R towards L, Step R behind L, Recover on L
5-8 R sidestep, Drag L towards R, Step L behind R, Recover on R

S2 WALK, DRAG, WALK, DRAG, ROCKING CHAIR

- 1-4 L step forward, Drag R towards L, Step R forward, Drag L towards R
5-8 L step forward, Recover on R, L step back, Recover on R

S3 L SIDE, DRAG, BEHIND, RECOVER, R SIDE, DRAG, BEHIND, RECOVER

- 1-4 L sidestep, Drag R towards L, Step R behind L, Recover on L
5-8 R sidestep, Drag L towards R, Step L behind R, Recover on R

S4 L SIDE, TOUCH, TURN, TOUCH, TURN, TOUCH, ¼ POINT, ¼ POINT

- 1-4 L sidestep, R touch beside L, R step ¼ turn over L shoulder (to face 9:00), L touch beside R
5, 6 L step ¼ turn over L shoulder (to face 6:00), R touch beside L
7, 8 R point to side while turning ¼ over L shoulder (to face 3:00), R point to side while turning ¼ over L shoulder (to face 12:00)

B1 = 1st 16 counts of B

B2 = 1st 32 counts of B

B3 = B without the last two counts (drop the sways)

Tag: R step forward, L touch beside R, + S5 & S6 of B

NOTES!!!

STYLING (optional):

Dance with energy during the chorus, especially during the samba steps (lyrics “dancing in the flames”).

Emphasize the “switching lanes” part during the steps SKATE, SKATE.

During the 2nd verse, stretch your arms in front, pretending to drive (lyrics “grab the wheel”).

Bend your knees and sway your upper body in a dodging motion during part A, S5, first 2 counts

SIDE, RECOVER (lyrics “we’re dodging headlights”).

To finish, at the end of last B2, step forward on L and drag the R beside for final pose.

ADDITIONAL TURNING options:

Part A (S4, counts 5,6): Instead of BACK, BACK, keep turning over L shoulder ½ TURN, ½ TURN, then continue with coaster step.

Part B (S1, S4 and/or S6, counts 5,6): Replace WALK, WALK with ½ TURN, ½ TURN over L shoulder and continue with SHUFFLE (S1 & S4) / SWAY, SWAY (S6)

NO TURNING options:

Part A (S3, counts 3,4): Replace ½ TURN, ½ TURN with WALK, WALK

Part A (S4, counts 1-4): Replace ½ TURN SHUFFLE, ½ TURN SHUFFLE with SHUFFLE BACK, SHUFFLE BACK

Part B (S2, counts 1-4): Replace STEP, ½ TURN, ½ TURN SHUFFLE with STEP, RECOVER, COASTER STEP
