Pants on Fire

Choreographed by:

Simon Ward and Niels Poulsen

October 2026



Type of dance:	32 counts, 2 walls, intermediate
Music:	***Makin' me a liar*** by Kameron Marlowe. 108 bpm. Track length: 3.03. Buy on iTunes.
Intro:	16 counts from first beat in music. App. 10 secs. into track. Start with weight on L
1 easy restart:	On wall 4 (starting at 6:00). Restart after 8 counts, facing 12:00

Counts	Footwork	End facing
1 – 9	**Fwd R, step ½ R, L step lock step, rock R fwd, recover L sweep R, behind 1/8 fwd R**	
1 – 3	Step R fwd (1), step L fwd (2), turn ½ R stepping onto R (3)	6:00
4&5	Step L fwd (4), lock R behind L (&), step L fwd (5)	6:00
6 – 7	Rock R fwd (6), recover on L sweeping R to R side (7)	6:00
8&1	Cross R behind L (8), turn 1/8 L stepping L to L side (&), step R fwd (1)	4:30
10 – 16	**Step ½ R, full turn R, walk L fwd, R mambo step fwd**	
2 – 3	Step L fwd (2), turn ½ R stepping onto R (3)	10:30
4 – 5	Turn ½ R stepping back on L swinging R leg up (4), turn ½ R stepping R fwd (5)	10:30
6	Walk fwd on L (6)	10:30
7&8	Rock R fwd (7), recover back on L (&), step back on R grinding L toes out L (1)	10:30
17 – 23	**Walk back LR with heel grinds, L coaster step, walk R fwd, step ½ R**	
1 – 2	Walk back L grinding R toes out R (1), walk back R grinding L toes out L (2)	10:30
3&4	Step back on L (3), step R next to L (&), step fwd on L (4)	10:30
5 - 6 - 7	Walk fwd on R (5), step L fwd (6), turn ½ R stepping onto R (7)	4:30
24 – 32	**L samba step, samba diamond 3/8 R, R side rock ¼ L, R step lock fwd**	
8&1	Cross L over R (8), rock R to R side (&), recover on L (1)	4:30
2&3	Cross R over L (2), turn 1/8 R stepping L to L side (&), turn 1/8 R stepping back on R (3)	7:30
4&5	Step back on L (4), turn 1/8 R stepping R to R side (&), cross L over R (5)	9:00
6 – 7	Rock R to R side (6), turn ¼ L stepping onto L (7)	6:00
8&	Step R fwd (8), lock L behind R (&)	6:00
	START AGAIN	
Restart	On wall 4 (starts facing 6:00). Do the first 6 counts, now facing 12:00. When recovering on L leave out the sweep and replace the behind 1/8 L fwd with a R coaster step on (8&1). Count 1 of the coaster step is your first step of wall 4 😊	12:00
Ending	Wall 10 is your last wall (starts facing 6:00). Finish dance with the last R step lock facing the front … 😊	12:00