

Flame Stride



The billowing flames of a dragon cover your feet, granting you explosive speed. For the duration, your speed increases by 20 feet and moving doesn't provoke opportunity attacks. When you move within 5 feet of a creature or object that isn't being worn or carried, it takes 1d6 fire damage from your trail of heat. A creature or object can take this damage only once during a turn.

At Higher Levels. When you cast this spell using a spell slot of 4th level or higher, increase your speed by 5 feet for each spell slot level above 3rd. Additionally, the spell deals an additional 1d6 fire damage for each slot level above 3rd.

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Casting Time: 1 bonus action

Range: Self

Components: V, S

Duration: Concentration, up to 1 minute

Transmutation