

Wake Up Ya Smurf

Count: 48

Wand: 0

Ebene:

Choreograf/in: Nicky Capper

Musik: Smurhillbilly Joe - The Smurfs



WALK 2,3,4 WALK BACK 2,3,4

1 Step forward on right foot
2 Step forward on left foot
3 Step forward on right
4 Kick left foot forward

5 Step back on left foot
6 Step back on right foot
7 Step back on left foot
8 Touch right foot in place

RIGHT VINE TOUCH LEFT VINE ¼

9 Step right foot to right side
10 Cross left foot behind right
11 Step right foot to right side
12 Touch left foot in place

13 Step left foot to left side
14 Cross right foot behind left
15 Step left foot to left side and make a ¼ turn left
16 Touch right foot in place

CHUG 2,3,4 RUNNING MAN BUMP BUMP

17 Make a ¼ turn to the left and touch right foot to right side
18-20 Repeat step 17, 3 times so you make a full turn

21 Step forward on right foot
& Slide right foot back
22 Step forward on left foot
& Slide left foot back
23 Step forward on right and bump your hips forward
24 Bump both hips forward

RUNNING MAN BUMP BUMP TOUCH BACK TURN BODY ROLL

25 Step forward on left foot
& Slide left foot back
26 Step forward on right foot
& Slide right foot back
27 Step left foot forward and bump hips forward
28 Bump both hips forward

29 Step right foot back
30 Unwind a ½ turn right
31-32 Forward body roll

SIDE & SIDE TURN FORWARD BACK (REPEAT)

- & Touch right foot to right side
- 33 Step right foot in place
- & Touch left foot to left side
- 34 Step left foot back in place
- & Make a ½ turn to the right
- 35 Touch right foot forward
- & Step back in place
- 36 Step left foot to left side (a little step)

- 37 Touch right foot to right side
- 38 Pivot a ½ turn right on ball of left foot, right foot is lifted off the floor
- 39 Touch left foot to left side
- 40 Step left foot back in place

BACKWARDS TOE STRUTS TWICE, STEP TOUCH APPLEJACK

- 41 Step back on right toe
- 42 Slap right heel down
- 43 Step left toe back
- 44 Slap left heel down

- 45 Step right foot to right side
- 46 Step left foot in place
- 47 With weight on ball of right foot and heel of left swivel feet to the left
- & Bring both feet back in place
- 48 Transfer weight, ball of left and heel of right foot swivel feet to the right
- & Bring both feet back in place

STEP TOUCH APPLEJACK STAMP STEP BUMP & BUMP

- 49 Step left foot to left side
- 50 Step right foot in place
- 51 With weight on ball of right foot and heel of left swivel feet to the left
- & Bring both feet back in place
- 52 Transfer weight, ball of left foot and heel of right swivel feet to the right
- & Bring both feet back in place

- 53 Step forward on right foot
- 54 Step forward on left foot
- 55-56 Bump hips forward twice

STEP STEP BUMP & BUMP STEP BACK SWEEP TOUCH

- 57 Step forward on right foot
- 58 Step forward on left foot
- 59-60 Bump hips forward twice
- 61 Step back on right foot
- 62-63 Sweep left foot behind right and make a ½ turn left
- 64 Step left foot in place

REPEAT
