

Wise Up

Count: 64

Wall: 4

Level: Intermediate/Advanced

Choreographer: Kate Sala (UK)

Music: Fool No More - S Club 8



FORWARD ROCK, TRIPLE FULL TURN, CROSS STEP, SIDE STEP, TRIPLE $\frac{3}{4}$ TURN

- 1-2 Rock forward on right, rock back on left
3&4 Triple full turn right on the spot on right, left, right

Alternative: coaster step

- 5-6 Cross step left over right, step right to right side
7&8 Triple $\frac{3}{4}$ left on left, right, left, traveling towards 3:00 wall

HEEL & TOE & KICK, STEP BACK, TOGETHER, WALK FORWARD TWICE, KICK, OUT, OUT

- 1&2 Dig right heel forward, step right in place, tap left toe back
&3&4 Step left in place, kick right forward, step back on right, step left next to right
5-6 Walk forward on right, left
7&8 Kick right forward, step right out to right side, step left out to left side

FULL TURN LEFT, CROSS ROCK, SCISSOR STEP, STEP LEFT, TOGETHER

- 1-2 Turn $\frac{1}{2}$ left stepping right to right side, turn $\frac{1}{2}$ left stepping left to left side
3-4 Cross rock right over left, recover on to left
5&6 Step right to right side, step left next to right, cross step right over left
7-8 Step left to left side, step right next to left

CROSS SHUFFLE, SIDE SHUFFLE, CROSS BEHIND, UNWIND $\frac{1}{2}$ TURN, PIVOT $\frac{1}{2}$ TURN

- 1&2 Cross step left over right, step right to right, cross step left over right
3&4 Step right to right side, step left next to right, step right to right side
5-6 Cross step left behind right, unwind $\frac{1}{2}$ turn left
7-8 Step forward on right, pivot $\frac{1}{2}$ turn left

CROSS STEP, HOLD, & CROSS, SIDE STEP, KICK BACK, BALL CROSS, SWEEP FORWARD

- 1-2 Cross step right over left, hold for 1 count
&3-4 Step left to left side, cross step right over left, step left to left side
5&6 Low kick right behind, step on ball of right in place, cross step left over right
7-8 Sweep right forward from back to front, step forward on right

PIVOT $\frac{1}{2}$ TURN, TRIPLE $\frac{1}{2}$ TURN, WALK BACK TWICE, BALL STEP, STEP WITH $\frac{1}{4}$ TURN LEFT

- 1-2 Step forward on left, pivot $\frac{1}{2}$ turn right
3&4 Triple $\frac{1}{2}$ turn right on left, right, left traveling back
5-6 Walk back on right, left
&7-8 Step on ball of right next to left, step forward on left, turn $\frac{1}{4}$ left stepping right to right side

FORWARD ROCK, SIDE ROCK, BEHIND, SIDE, CROSS, $\frac{3}{4}$ TURN LEFT

- 1-2 Rock forward on left, rock back on right
3-4 Rock left out to left side, rock on right in place
5&6 Cross step left behind right, step right to right side, cross step left over right
7-8 Turn $\frac{1}{4}$ left stepping back on right, turn $\frac{1}{2}$ left stepping forward on left

FORWARD ROCK, SIDE ROCK, BEHIND, SIDE, CROSS, SIDE STEP LEFT, SLIDE IN RIGHT

- 1-2 Rock forward on right, rock back on left
3-4 Rock right out to right side, rock on left in place

5&6 Cross step right behind left, step left to left side, cross step right over left
7-8 Big step left to left side, slide right next to left, (keeping weight on left foot)

REPEAT

TAG

On the 5th wall, dance 32 counts only finishing on, unwind ½ turn, pivot ½ turn (3:00). Add

1-4 Rock forward on right, rock back on left, step back on right, step left next to right

Start dance again from the beginning
