

# I Woke Up

COPPERKNOB  
STEPSHEETS

拍数: 32      墙数: 4      级数: Beginner  
编舞者: Mamalinedance Mei Kwo (USA) - May 2015  
音乐: I woke up - One T : (Album: The One-T's ABC)



## Start On Vocals, No Tags, No Restarts

### SEC: 1: WALK, WALK,HEEL SWITCHES,WALK, WALK, R KICK BALL CHANGE(12:00)

1-2            Walk forward right, left  
3&4&        Touch right heel forward, Step back in place, Touch left heel forward, Step back in place  
5-6            Walk forward right, left  
7&8            Kick right forward, Step right next to left, Step left next to right

### SEC: 2: ½ PADDLE , TRIPLE FORWARD, 3/4 PADDLE , TRIPLE FORWARD (3:00)

1&            Rock R forward, Replace to L, making ¼ turn L  
2&            Rock R forward, Replace to L, making ¼ turn L  
3&4            Triple forward R,L,R (6.00)  
5&            Rock L forward, Replace to R, making 1/4 turn R  
6&            Rock L forward, Replace to R, making 1/2 turn L R  
7&8            Triple forward L, R, L (3.00)

### SEC: 3: HEEL STEPS, SWIVELS 2X, (3:00)

1&            R Heel forward, step together with L  
2&            L Heel forward, step together with R  
3&4            With both heels together swivel R, center, R  
5&            L Heel forward, step together with R  
6&            R Heel forward, step together with L  
7&8            With both heels together swivel L, center, L,

### SEC: 4: TOUCH STEP, TOUCH STEP ~ HEEL SWITCHES, STEP, PADDLE TURN 1/4 LEFT X2 (9:00)

1&2&        Touch R side right, Step R next to L; touch L side Left, step L next to R;  
3&4&        Touch right heel forward, Step back in place, Touch left heel forward, Step back in place  
5-6            Step Right Forward, Paddle 1/4 Turn Left (Weight On Left)  
7-8            Step Right Forward, Paddle 1/4 Turn Left (Weight On Left)(9:00)

Repeat and Have Fun!

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