

Wake Up Now

COPPER KNOB
BY STEPHANETS

拍数: 32 墙数: 2 级数: Beginner
编舞者: Séverine Fillion (FR) - April 2017
音乐: Wake Up - Aziliz Manrow : (Album: Let It Be Beautiful)



Intro : 16 counts

[1-8] SIDE POINT, TOUCH TOGETHER, HEEL STRUT FWD (RIGHT & LEFT)

1-2 Touch right toe to the right, Touch right toe next to left
3-4 Right heel fwd, drop right toe on the floor
5-6 Touch left toe to the left, Touch left toe next to right
7-8 Left heel fwd, Drop left toe on the floor

[9-16] STEP 1/2 TURN, STEP FWD, STOMP, SWIVETS (RIGHT & LEFT)

1-2 Right step fwd, Turn ½ left (weight on left) 6 :00
3-4 Right step fwd, left stomp next to right
**** RESTART here on walls 2 & 8**
5-6 Swivel right toe to the right & left heel to the left, recover to the center
7-8 Swivel left toe to the left & right heel to the right, recover to the center

Easier option for 5-8 : Swivel right toe to the right, recover to the center, swivel left toe to the left, recover to the center

**** RESTART here on walls 4 & 10**

[17-24] DIAGONALLY STEP, KICK, BACK, POINT BACK x 2 (Diagonally LEFT & RIGHT)

1-2 Turn your body in left diagonal : Right step fwd, left Kick fwd 4 :30
Option : Snap both hands up
3-4 Left step back, Touch right toe back
Option : Snap both hands down
5-6 Turn your body in right diagonal : Right step fwd, left Kick fwd 7 :30
Option : Snap both hands up
7-8 Left step back, Touch right toe back (and come back facing 6 :00) 6 :00
Option : Snap both hands down

[25-32] ROCK FWD, STEP BACK, HOLD & CLAP, ROCK BACK, STEP FWD, HOLD & CLAP

1-2 Rock step right fwd, recover on left
3-4 Right step back, Hold + Clap
5-6 Rock back on left, recover on right
7-8 Left step fwd, Hold + Clap

Restarts & Tag:

- RESTARTS : -

On walls 2 & 8 after 12 counts facing 12 :00

On walls 4 & 10 after 16 counts at 12 :00

- TAG : At the end of wall 14 (at 12 :00) add 4 counts : Right to right, touch left, left to left, touch right

Thanks to Aziliz for this beautiful song, listen...and Follow !!