

# Wake Up

COPPER KNOB  
STEPSHEETS

拍数: 32      墙数: 4      级数: Intermediate  
编舞者: Hiroko Carlsson (AUS) - January 2019  
音乐: Wake Up - Loud Forest : (iTunes)



(Intro: 2 counts)

## [S1] K Step, Fwd Rock-1/2R-Side, Coaster Step, Fwd

1&2&      Step R to right front diagonal, Touch L beside R, Step L to left back diagonal, Touch R beside L  
3&4&      Step R to right back diagonal, Touch L beside R, Step L to left front diagonal, Touch R beside L  
5&6&      Rock/step forward on R, Recover weight on L, Make a ½ turn right stepping forward on L, Step L to left  
7&8&      Step back on R, Step L next to R, Step forward on R, Step forward on L (6:00)

## [S2] R Kick, L Kick, R Knee Roll, L Knee Roll, Fwd Rock-Back, 1/4L Sailor Step

1&2&      Kick R forward, Step R next to L, Kick L forward, Step L next to R (feet shoulder-width apart)  
3&4&      R Knee roll in-out (3&), L knee roll in-out (4&)  
5&6      Rock/step R forward, Recover weight on L, Step R back sweeping L around R  
7&8      Make a ¼ turn left stepping L behind R, Step R to side, Step L forward (3:00)

## [S3] Walk Fwd RLRL, 1/4R Bounce-Bounce, Twist-1/4R, Rumba Box w/ Touch

1&2&      Step R forward, Step L forward, Step R forward, Step L forward  
3&      Bounce twice with both feet while making a ¼ turn right (3&)  
4&      Twist both heels to right, Twist back and make a ¼ turn right weight ends on L  
5&6&      Step R to side, Step L next to R, Step R forward, Touch L together  
7&8&      Step L to side, Step R next to L, Step L back, Touch R together (9:00)

## [S4] R Side Roll-Fwd w/ Sweep, Box Step, Lock Step, R Toe Strut, 1/2L L Toe Strut

1&      Make a ¼ turn right stepping R forward, Make a ½ turn right stepping L back  
2&      Make a ¼ turn right stepping forward on R and sweeping L around R (2&)  
3&4&      Cross L over R, Step R back, Step L to side, Step R forward  
5&6      Step L forward, Lock/step R behind L, Step L forward  
7&      Step R forward with R toe, Drop R heel down  
8&      Make a ½ turn left stepping forward on L with L toe, Drop L heel down (3:00)

Repeat - No Tags or Restarts

Please feel free to contact me if you need any further information. ([hirokoclinedancing@gmail.com](mailto:hirokoclinedancing@gmail.com))  
(updated: 20/Jan/19)