

Waking Up Dreaming

COPPER KNOB
BY STEPHEN

拍数: 80 墙数: 2 级数: Phrased Intermediate
编舞者: Terri Dungan (USA) - October 2022
音乐: Waking Up Dreaming - Shania Twain



Intro: 8-counts

Pattern: A1, B, A1, B, B, A2, B, B

Part A1 (48 counts, starts and ends on same wall)

[1-8] Side Mambo cross, Diagonal Cross Walks, Forward Mambo, Back Step, Drag Heel

1&2 Step R to right side (1), Step L in place (&), Cross R over L (2) 12:00
3, 4 Facing left forward diagonal Cross L over R (3), Cross R over L (4) 10:30
5&6 Step L forward (5), Step R in place (&), Step L next to R (6)
7, 8 Step R back (7), Drag L heel next to R placing weight on L (8)

[9-16] Out-Out, In-In, Hip Rolls with 1/4 Turn, Out-Out, In-In, Hip Rolls with 1/8 Turn

&1&2 Step R to right side (&), Step L to left side (1), Step R to center (&), Step L next to R (2)
3, 4 Rotate 1/8 left while rolling hips counterclockwise (3), repeat while rotating another 1/8 left (4)
7:30
&5&6 Step R to right side (&), Step L to left side (5), Step R to center (&), Step L next to R (6)
7, 8 Rotate 1/8 left while rolling hips counterclockwise (7), repeat hip roll in place (8) 6:00

[17-24] Side Mambo cross, Diagonal Skates, Forward Mambo, Back Knee Pops

1&2 Step R to right side (1), Step L in place (&), Cross R over L (2)
3, 4 Facing left forward diagonal Slide L diagonally forward (3), Slide R diagonally forward (4)
4:30
5&6 Step L forward (5), Step R in place (&), Step L next to R (6)
7, 8 Step R back while popping L knee (7), Step L back while popping R knee (8)

[25-32] Out-Out, In-In, Hip Rolls with 1/4 Turn, Out-Out, In-In, Hip Rolls with 1/8 Turn

&1&2 Step R to right side (&), Step L to left side (1), Step R to center (&), Step L next to R (2)
3, 4 Rotate 1/8 left while rolling hips counterclockwise (3), repeat while rotating another 1/8 left (4)
1:30
&5&6 Step R to right side (&), Step L to left side (5), Step R to center (&), Step L next to R (6)
7, 8 Rotate 1/8 left while rolling hips counterclockwise (7), repeat hip roll in place (8) 12:00

[33-40] Pendulum Steps, Side step, 1/2 Turn, Triple Full Turn

1, 2& Rock R to right side (1), Recover on L (2), Step R next to L (&)
3, 4& Rock L to left side (3), Recover on R (4), Step L next to R (&)
5, 6 Step R to right side (5), Turn 1/2 left stepping L forward (6) 6:00
7&8 Turn 1/4 left stepping R next to L (7), Turn 1/2 left stepping L next to R (&), Turn 1/4 left
stepping R next to L (8)

(Non-Turning option for counts 7&8 – Run small steps forward R,L,R)

[41-48] Diagonal Wizards, 1/2 Pivot turn, Triple Full Turn

1, 2& Step L to left forward diagonal (1), Lock R behind L (2), Step L to left forward diagonal (&)
3, 4& Step R to right forward diagonal (3), Lock L behind R (4), Step R to right forward diagonal (&)
5, 6 Step L forward (5), Pivot 1/2 turn right with weight ending on R (6) 12:00
7&8 Turn 1/4 right stepping L next to R (7), Turn 1/2 right stepping R next to L (&), Turn 1/4 right
stepping L next to R (8)

(Non-Turning option for counts 7&8 – Run small steps forward L,R,L)

Part B (32 counts, starts and ends on opposite walls)

[1-8] Side Step, Clap, 1/4 Turn, Clap, Forward Step, Clap, 1/4 Turn, Clap, Heel Switches, Heel-Toe Splits
 1&2& Step R to right side (1), Clap (&), Turn 1/4 left stepping L forward (2), Clap (&) 9:00
 3&4& Step R forward (3), Clap (&), Turn 1/4 left stepping L to left side (4), Clap (&) 6:00
 5&6& Touch R heel forward (5), Step R back to center (&), Touch L heel forward (6), Step L next to R (&)
 7&8& Split heels outward (7), Split toes outward (&), Return toes to center (8), Return heels to center (&)

[9-16] Side Touches, Diagonal Step-Tap-Step-Kick with Shimmy, Chasse, Touch, 1/2 Pivot Turns
 1&2& Step R to right side (1), Touch L next to R (&), Step L to left side (2), Touch R next to L (&)
 3&4& Facing left forward diagonal Shimmy while: Step R forward (3), Tap L toe behind R (&), Step L back (4), Kick R forward (&) 4:30
 5&6& Rotate 1/8 right stepping R to right side (5), Step L next to R (&), Step R to right side (6), Touch L next to R (&) 6:00
 7&8& Step L forward (7), Pivot 1/2 turn right with weight ending on R (&), Step L forward (8), Pivot 1/2 turn right with weight ending on R (&)

(Non-Turning option for counts 7&8& – L Rocking Chair)

[17-24] Modified Turning Box Step with Hitches

1, 2 Step L to left side (1), Turn 1/4 right while Hitching R knee (2) 9:00
 3, 4 Step R to right side (3), Turn 1/4 right while Hitching L knee (4) 12:00
 5, 6 Step L to left side (5), Turn 1/4 right while Hitching R knee (6) 3:00
 7, 8 Step R to right side (7), Turn 1/4 right while Hitching L knee (8) 6:00

[25-32] Step-Tap-Step-Kick, Pony Steps, Out-Out-Forward, 1/2 Pivot Turns

1&2& Step L forward (1), Tap R toe behind L (&), Step R back (2), Kick L forward (&)
 3&4& Step L back while hitching R knee (3), Transfer weight to R (&), Step L back while hitching R knee (4), Transfer weight to R (&)
 5&6 Step L to left side (5), Step R to right side (&), Step L forward (6)
 7&8& Step R forward (7), Pivot 1/2 turn left with weight ending on L (&), Step R forward (8), Pivot 1/2 turn left with weight ending on L (&)

(Non-Turning option for counts 7&8& – R Rocking Chair)

Part A2 (32 counts, first 26 are same as Part A1, has step change on counts 27-32)

[1-8] Side Mambo cross, Diagonal Cross Walks, Forward Mambo, Step Back, Drag Heel

1&2 Step R to right side (1), Step L in place (&), Cross R over L (2) 6:00
 3, 4 Facing left forward diagonal Cross L over R (3), Cross R over L (4) 4:30
 5&6 Step L forward (5), Step R in place (&), Step L next to R (6)
 7, 8 Step R back (7), Drag L next to R placing weight on L (8)

[9-16] Out-Out, In-In, Hip Rolls with 1/4 Turn, Out-Out, In-In, Hip Rolls with 1/8 Turn

&1&2 Step R to right side (&), Step L to left side (1), Step R to center (&), Step L next to R (2)
 3, 4 Rotate 1/8 left while rolling hips counterclockwise (3), repeat while rotating another 1/8 left (4) 1:30
 &5&6 Step R to right side (&), Step L to left side (5), Step R to center (&), Step L next to R (6)
 7, 8 Rotate 1/8 left while rolling hips counterclockwise (7), repeat hip rolls in place (8) 12:00

[17-24] Side Mambo cross, Diagonal Skates, Forward Mambo, Back Knee Pops

1&2 Step R to right side (1), Step L in place (&), Cross R over L (2)
 3, 4 Facing left forward diagonal Slide L diagonally forward (3), Slide R diagonally forward (4) 10:30
 5&6 Step L forward (5), Step R in place (&), Step L next to R (6)
 7, 8 Step R back while popping L knee (7), Step L back while popping R knee (8)

[25-32] Out-Out, In-In, 1/4 Turn Out-Out, In-In, Cross, Unwind 5/8 Turn

&1&2 Step R to right side (&), Step L to left side (1), Step R to center (&), Step L next to R (2)

&3&4 Rotate 1/4 left and Step R to right side (&), Step L to left side (3), Step R to center (&), Step L next to R (4) 7:30
5 Cross R over L (5)
6-8 Slowly Unwind 5/8 turn left (6, 7, 8) 12:00

Have fun! Contact terri_dungan@yahoo.com with comments/questions.
