

Stay Awake

COPPER KNOB
BY STEPHENETS

拍数: 128 墙数: 1 级数: Phrased Intermediate
编舞者: Ayek Lesmana (INA) - March 2023
音乐: Stay Awake - Minelli



Sequence : A B C TAG A B C TAG

Start on vocal

PART A : 64 COUNT

A1. WALK – SIDE STEP – TOUCH – ¼ TURN RIGHT – FORWARD STEP – ¼ TURN RIGHT – SIDE STEP – ½ TURN RIGHT – CROSS BEHIND – CLOSE – FORWARD STEP

1 – 2 Step RF forward (1), Step LF forward (2)
3&4 Step RF slightly to side (3), Step LF to side (&), Touch RF to side (4)
5 - 6 Turn ¼ right Step RF forward (5), Turn ¼ right Step LF to side (6)
7&8 Turn ½ right Cross RF behind LF (7), Close LF beside RF (&), Step RF forward (8)

A1I. SIDE STEP – HOLD – CROSS BEHIND – SIDE STEP - 1/8 TURN LEFT - CROSS OVER – ROCK – RECOVER – SAILOR STEP 1/8 TURN LEFT

1 – 2 Step LF to side (1), Hold (2)
&3 - 4 Cross RF behind LF (&), Step LF to side (3), Turn 1/8 left Cross RF over LF (4)
5 - 6 Rock LF forward (5), Recover on RF (6)
7&8 Turn 1/8 turn left Cross LF behind RF (7), Step RF to side (&), Step LF to side (8)

A1II. 1/8 TURN LEFT - TOUCH – HOLD – 1/8 TURN RIGHT – SIDE STEP – 1/8 TURN RIGHT – TOUCH – HEEL DROP – SIDE STEP – CROSS BEHIND – SIDE STEP – 1/8 TURN RIGHT – CROSS OVER – PONY STEP

1 – 2 Turn 1/8 left Touch RF forward (1), Hold (2)
&3 - 4 Turn 1/8 right Step RF to side (&), Turn 1/8 right Touch LF forward (3), Drop left heel while Step RF to side (4)
5&6 Cross LF behind RF (5), Step RF to side (&), Turn 1/8 right Cross LF over RF (6)
7&8 Step RF back Hitch L (7), Close LF beside RF (&), Step RF back Hitch L (8) ... (10:30)

A1V. STEP WITH DRAG – HOLD – COASTER STEP – ROCK RECOVER – COASTER STEP

1 – 2 Step LF back Drag RF (1), Hold (2)
&3 - 4 Step RF back (&), Close LF beside RF (3), Step RF Forward (4)
5 - 6 Rock LF forward (5), Recover on RF (6)
7&8 Step LF back (7), Close RF beside LF (&), Step LF forward (8) .. (10:30)

AV. 1/8 TURN RIGHT - KICK – BACK STEP – TOUCH – BACK STEP – TOUCH – SIDE STEP&PUSH HIPSx2

&1 – 2 Turn 1/8 right Kick RF forward (&), Step RF back (1), Touch LF forward (2)
3 - 4 Step LF back (3), Touch RF forward (4)
5 - 6 Step RF to side (5), Push left hip to side (6)
7 - 8 Step LF in place (7), Push right hip to side 'weight on LF" (8)

AVI. ROLLING VINE WITH TOUCH – CROSS – TOUCH – CROSS SHUFFLE

1 – 2 Turn ¼ right Step RF forward (1), Turn ½ right Step LF back (2)
3 - 4 Turn ¼ right Step RF to side (3), Touch LF to side (4)
5 - 6 Cross LF over RF (5), Touch RF to side (6)
7&8 Cross RF over LF (7), Step LF to side (&), Cross RF over LF (8)

AVII. TURN ¼ LEFT - STOMP – RECOVER – CLOSE – STOMP – BODY ROLL – SIDE STEP – DRAG – SHUFFLE ¼ TURN LEFT

- 1 – 2 Turn ¼ left Stomp LF forward (1), Recover on RF (2) ... (09:00)
- &3 - 4 Close LF beside RF (&), Stomp RF forward (3) Body roll "Weight on LF"(4)
- 5 - 6 Step RF to side (5), Drag LF to RF (6)
- 7&8 Step LF to side (7), Close RF beside LF (&), Turn ¼ left Step LF forward (8) .. (06:00)

AVIII. ROCK – RECOVER - BACK STEP – ½ TURN LEFT – FORWARD STEP – TOUCH – SCUFF - ¼ TURN LEFT – SIDE STEP - CROSS BEHIND – ¾ TURN LEFT - CLOSE

- 1 – 2 Rock RF forward (1), Recover on LF (2)
- Option : Push right hip forward (1), Push left hip back (2)**
- 3&4 Step RF back (3), Turn ½ left Step LF forward (&), Touch RF to side (4) ... (12:00)
- 5&6 Scuff RF forward (5), Turn ¼ left Step RF to side (&), Cross LF behind RF (6)
- 7 - 8 Turn ¾ left & Close (7), (8)

PART B : 32 COUNT

B1. SIDE STEP - HOLD – CLOSE – SIDE STEP – TOUCH – ¼ TURN LEFT – MODIFIED JAZZ BOX

- 1 – 2 Step RF to side (straighten your knees & push hips back) (1), Hold (2) .. Body angle (10:30)
- &3 - 4 Close LF beside RF (&), Step RF to side (3), Touch LF to side (4)
- 5 - 6 Turn ¼ left Cross LF over RF (5), Step RF back (6)
- 7 - 8 Step LF to side (7), Step RF slightly to side (8) ... (09:00)

BII. POPPING – WALK - SHUFLLE

- 1 – 2 Drop hands to the left (1), Hold (2)
- 3 – 4 Lift hands to the right above shoulder height (U shape) (3), Hold (4)
- Styling : Do Popping style**
- 5 - 6 Step RF forward (5), Step LF forward (6)
- 7&8 Step RF forward (7), Close LF beside RF (&), Step RF forward (8)

BIII. SIDE ROCK WITH HIP SWAY – RECOVER – CLOSE – SIDE STEP – FLICK – WALK MAKING ¾ TURN LEFT

- 1 – 2& Rock LF to side Sway left hip (1), Recover on RF (2) , Close LF beside RF (&)
- 3 – 4 Step RF to side (3), Flick LF behind RF (4)
- 5 - 6 Turn ¼ left Step LF forward (5), Turn ¼ left Step RF forward (6)
- 7 - 8 Turn ¼ left Step LF forward (7), Step RF forward (8) ... (12:00)

BIV. FORWARD STEP – CROSS BEHIND – WALK – CLOSE – BACK WALK

- 1 – 2& Step LF forward (1), Cross RF behind LF (2) , Step LF forward (&) Body angle (1:30)
- 3 – 4 Step RF slightly forward (3), Close LF beside RF (4)
- 5 - 6 Step RF back (5), Step LF back (6)
- 7 - 8 Step RF back (7), Step LF back (8)

PART C : 32 COUNT

C1. BOTAFOGO R-L, 1/8 TURN LEFT - ROCKING CHAIR – BOTAFOGO

- 1 a2 Cross RF over LF (1), Ball LF to side (a), Step RF in place (2)
- 3 a4 Cross LF over RF (3), Ball RF to side (a), Step LF in place (4)
- 5& Turn 1/8 left Rock RF forward (5), Recover on LF (&)
- 6& Rock RF back (6), Recover on LF (&)
- 7&8 Cross RF over LF (7), Ball LF to side (&), Step RF in place (8) .. Body Angle (1:30)

CII. BOTAFOGO – 1/8 TURN LEFT - ROCK – RECOVER – 5/8 TURN RIGHT - MODIFIED PADDLE TURN - TOUCH

- 1 a2 Cross LF over RF (1), Ball RF to side (a), Step LF in place (2)
- 3 – 4 Turn 1/8 left rock RF forward (3), Recover on LF (4)
- 5& Turn 1/8 right Step RF to side (5), Step LF in place (&)
- 6& Turn ¼ right Step RF to side (6), Step LF in place (&)
- 7&8 Turn ¼ right Step RF to side (7), Step LF in place (&), Touch RF beside LF (8) (06:00)

CIII. SAMBA WHISK R – ½ TURN RIGHT – SAMBA WHISK L, R ,L

- 1 a2 Step RF to side (1), Cross LF behind RF (a), Step RF in place (2)
- 3 a4 Turn ½ right Step LF to side (3), Cross RF behind LF (a), Step LF in place (4)
- 5 a6 Step RF to side (5), Cross LF behind RF (a), Step RF in place (6)
- 7 a8 Step LF to side (3), Cross RF behind LF (a), Step LF in place (4) ... (12:00)

CIV. TOUCH – HOLD – BACK STEP – TOUCH – HIP ROLL – TOUCH – CLOSE – TOUCH – FORWARD STEP - DRAG

- 1 – 2& Touch RF forward (1), Hold (2), Step RF back (&)
- 3 - 4 Touch LF forward (3), Rolling L hip (4)
- 5& Drop left heel while Touch RF to side (5), Close RF beside LF (&)
- 6& Touch LF to side (6), Close LF beside RF (&)
- 7 - 8 Step RF forward (7), Drag LF to RF (8)

TAG (4 Count) :

- & - 1,2,3,4 Step LF to side (&), Step RF to side (1), Hold for 3 count (2), (3), (4)

Enjoy the dance,

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