

Set The Alarm

COPPER KNOB
STEP SHEETS

拍数: 64 墙数: 2 级数: Easy Intermediate
编舞者: Annie Bradbury (AUS) & Lesley Baxter (NZ) - March 2025
音乐: Wake Me up (Country Version) - Cooper Alan & Aloe Blacc



Start: After 16 counts

Restarts: 2 Restarts

S1: (1-8): R SIDE, TAP, KICK, BALL, CHANGE, L SIDE, TAP, KICK, BALL, CHANGE

1 2 Step R to R side, Touch L Beside R
3&4 Kick L, Step on L Ball Beside R, Step R Beside L
5 6 Step L to L side, Touch R Beside L
7&8 Kick R, Step on R Ball Beside L, Step L Beside R

S2: (9-16): R SIDE, ROCK, CROSS SHUFFLE, SIDE, ROCK 1/4 R, FWD SHUFFLE

1 2 Step R to R Side, Recover Weight on L
3&4 Step R Across L and Shuffle RLR
5 6 Step L to L Side, Turn 1/4 R Recover Weight on R
7&8 Shuffle Fwd LRL

** RESTART WALL 6 (Change last 4 counts. See below) **

S3: (17-24): R HEEL &, HEEL &, HEEL, HOLD, PIVOT 1/2, STOMP, STOMP

1&2& Place R Heel to R Diagonal, Step R Beside L, Place L Heel to L Diagonal, Step L Beside R
3 4 Place R Heel to R Diagonal, Hold
5 6 Transfer Weight to R, Turn 1/2 L
7 8 Stomp R, Stomp L

* RESTART WALL 3 (Change last 2 counts. See below) *

S4: (25-32): R HEEL &, HEEL &, HEEL, HOLD, PIVOT 1/4, STOMP, STOMP

1&2& Place R Heel to R Diagonal, Step R Beside L, Place L Heel to L Diagonal, Step L Beside R
3 4 Place R Heel to R Diagonal, Hold
5 6 Transfer Weight to R, Turn 1/4 L
7 8 Stomp R, Stomp L

S5: (33-40): R FWD, HOLD, PIVOT 1/2 R, SHUFFLE FWD LRL & RLR

1 2 Step R Fwd, Hold
3 4 Step L Fwd, Turn 1/2 R
5&6 Shuffle Fwd LRL
7&8 Shuffle Fwd RLR

S6: (40-48): L FWD, HOLD, PIVOT 1/2 L, SHUFFLE FWD RLR & LRL

1 2 Step L Fwd, Hold
3 4 Step R Fwd, Turn 1/2 L
5&6 Shuffle Fwd RLR
7&8 Shuffle Fwd LRL

S7: (49-56): R FIGURE OF 8 with 1/4 L FINISH

1 2 Step R to R Side, Step L Behind R
3 4 Turn 1/4 R Step R Fwd, Step L Fwd
5 6 Turn 1/2 R Step R Fwd, Turn 1/4 L Step L to L Side
7 8 Step R Behind L, 1/4 L Step L Fwd

S8: (57-64): R FWD, RECOVER, R COASTER, L FWD, 1/4 R, L CROSS, HOLD

1 2 Step R Fwd, Recover Weight on L
3&4 Step R Back, Step L Beside R, Step R Fwd
5 6 Step L Fwd, Turn 1/4 R
7 8 Step L Across R, Hold

*** RESTART: Wall 3 after 24 counts (S3). Change last 2 counts to: Step R Fwd, Turn 1/4 L then restart facing 6 o'clock ***

**** RESTART: Wall 6 after 16 counts (S2). Change the last 4 counts to: L Side, Recover Weight on R, Cross Shuffle LRL then restart the dance facing 6 o'clock ****

This dance has been choreographed for Ree Graham (who sent us the music) and everyone who enjoys Cooper Alan's songs.

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