

Wake Up Call

COPPERKNOB
STEPSHEETS

拍数: 32 墙数: 3 级数: Intermediate
编舞者: Phil Johnson (UK) - September 2007
音乐: Wake Up Call - Maroon 5



STEP RIGHT BACK, TOSS HEAD BACK, CLAP TWICE; TWIST HEELS LEFT RIGHT LEFT ¼ TURN RIGHT, ROCK RIGHT BACK AND SIDE AND RIGHT KICK BALL CHANGE

- 1&2& Step right back, jerk head back to look up (as if you have just received a wake up call); clap hands twice
3&4 (On balls of both feet) twist heels left right left doing a ¼ turn right
5&6& Rock right back, recover forward on left; rock right to right side recover on left
7&8 Kick right forward, step on ball of right, transfer weight to left. (3:00)

SYNCOPATED RIGHT SCISSOR STEP, ROCK LEFT AND CROSS LEFT OVER RIGHT; BACK RIGHT, BACK LEFT, CROSS, SIDE, BEHIND, SIDE, TOUCH RIGHT

- 9&10& Step right to right side, step left beside right, hitch right, cross right over left
11&12 Rock left to left side, step slightly right back, cross left over right
13&14& Step right back, step left back, cross right over left, step left to left side
15&16 Cross right behind left, step left to left side, touch right to right side (3:00)

½ TURN RIGHT, ROCK LEFT - RIGHT, STEP LEFT BESIDE RIGHT, CROSS RIGHT OVER LEFT, BACK LEFT AND HEEL (SYNCOPATED MONTEREY AND VAUDEVILLE); AND LEFT ROCKING CHAIR, ¾ RIGHT TURNING SAILOR STEP

- 17&18& ½ turn right stepping right beside left, rock on left to left side, rock on right to right side, step on left beside right
19&20& Cross right over left, step left back, dig right heel forward to right diagonal, step on right beside left (facing right diagonal)
21&22 Rock forward on left to right diagonal, recover right back, step left back to left diagonal
23&24 Cross right behind left, (almost) ¾ turn right (squaring up to 6:00 wall) stepping left to left side, step forward on right (6:00)

TOUCH AND HEEL AND TOE SWITCHES LEFT AND RIGHT; RIGHT SAILOR ¼ TURN LEFT; LEFT SAILOR STEP ½ TURN LEFT STOMP LEFT

- 25&26& Touch left toe to right heel, step/rock left back, dig right heel forward, step on right in place
27&28 Touch left toe to left, step on left in place, touch right toe to right side
29&30 Cross right behind left, step left to left side (starting ¼ turn left), ¼ turn left stepping right back
31&32 Cross left behind right, ½ turn left stepping right to right side, stomp on left beside right (weight on left) (9:00)

REPEAT

RESTART: During wall two (facing 12:00), and five (which is the first time you start the dance facing the back wall) you will restart after count 8

TAG:

On wall 7 (facing 12:00) after count 24, step left to left side bumping hips left, right, left, clap (weight on left) then start again

As the music fades at the end of the dance you dance through to count 24 to face front at the end of the dance

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