

# Rise & Shine!!

**COPPERKNOB**  
STEPSHEETS

拍数: 32      墙数: 2      级数: Intermediate  
编舞者: Colin B. Smith (UK) - September 2009  
音乐: Wake up Wake Up - Dave Sheriff : (Album: Overworked & Underpaid)



## Section 1: Shuffle forward, mambo forward, shuffle back, mambo back

1&2      Step right forward, close left next to right, step right forward  
3&4      Rock forward on left, recover on right, step left beside right  
5&6      Step right back, close left next to right, step right back  
7&8      Rock back on left, recover on right, step left beside right

## Section 2: Heel jacks X2, ¼ turn hitch, ½ turn hitch, shuffle forward

&9      Step diagonally back on right, dig left heel forward  
&10      Step left in place, cross right over left  
&11      Step diagonally back on left, dig right heel forward,  
&12      Step right in place, cross left over right  
13&      Make ¼ turn left stepping right back, hitch left,  
14&      make ½ turn left stepping left forward, hitch right  
15&16      Step right forward, step left beside right, step right forward

## Section 3: Rumba box, shuffle ½ turn, shuffle forward

17&18      Step left to left, close right next to left, step left forward  
19&20      Step right to right, close left next to right, step right back  
21&22      Make ½ turn to left stepping left, right, left  
23&24      Step right forward, close left next to right, step right forward

## Section 4: Side rock & cross X2, ¼ turn hitch, ½ turn hitch, mambo forward

25&26      Rock left to left, recover on to right, cross left over right  
27&28      Rock right to right, recover on to left, cross right over left  
29&      Make ¼ turn to right stepping left back, hitch right  
30&      Make ½ turn to right stepping right forward, hitch left  
31&32      Rock forward on left, recover on right, step left beside right.

**THATS ALL! NO TAGS OR RE-STARTS! IT WILL EVEN FINISH FACING THE FRONT!**

(I hope you enjoy dancing this, we have had a good laugh dancing it!)

Thanks a lot for looking at it

Happy dancing!

Colin B. Smith