

Wake Up

COPPER KNOB
STEPSHEETS

拍数: 64 墙数: 4 级数: Phrased Beginner
编舞者: Sally Hung (TW) - April 2012
音乐: Wake Up (自然醒) - Yoga Lin (林宥嘉)



Start dancing on lyrics - Sequence of dance: AA Tag/BBA Tag/BBABBBBA(2)

Tag – 16 Counts

1,2,3,4 Step R to R with shoulder shake, hold, touch R beside L with shoulder shake, hold
5,6,7,8 Step L to L with shoulder shake, hold, touch L beside R with shoulder shake, hold
9,10,11&12 Step R fwd, pivot ½ turn L, fwd shuffle on RLR
13,14,15&16 Step L fwd, pivot ½ turn R, fwd shuffle on LRL

A – 32 counts

AI. R VINE, SIDE, RECOVER, TOGETHER, HOLD

1,2,3,4 Step R to R, cross L behind R, step R to R, cross L over R
5,6,7,8 Rock R to R, recover weight onto L, step R beside L, hold

AII. L VINE, SIDE, RECOVER, TOGETHER, HOLD

1,2,3,4 Step L to L, cross R behind L, step L to L, cross R over L
5,6,7,8 Rock L to L, recover weight onto R, step L beside R, hold

AIII. BOX STEP

1,2,3,4 Step R to R side, step L beside R, step R back, touch L together
5,6,7,8 Step L to L side, step R beside L, step L fwd, hold

AIV. JAZZ BOX, TRIPLE ½ TURN R, SIDE, TOUCH

1,2,3,4 Step R over L, step L back, step R back, step L fwd
5,6,7&8 Triple ½ turn R on RLR, step L to L, touch R beside L

B – 32 Counts

BI. TWIST, STEP, TOUCH, STEP, TOUCH

1,2,3,4 Twist to the R
5,6,7,8 Step L beside R, touch R toes fwd, step R in place, touch L toes beside R

BII. SIDE, BEHIND, SIDE, BRUSH, SIDE, BEHIND, ½ TURN R FWD, TOUCH

1,2,3,4 Step L to L, step R behind L, step L to L, brush R fwd
5,6,7,8 Step R to R, step L behind R, ½ turn R stepping R fwd, touch L beside R

BIII. TWIST, STEP, ½ TURN R POINT, STEP, POINT

1,2,3,4 Twist to the L
5,6,7,8 Step R in place, ½ turn R point L to the L, step L in place, point R to the R

BIV. ROCKING CHAIR, PIVOT ½ TURN L, STEP, TOUCH

1,2,3,4 Rock R fwd, recover onto L, rock back on R, recover onto L
5,6,7,8 Step R fwd, pivot ½ turn L, step R fwd, touch L beside R

Have fun & happy dancing!

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