Waking Up

拍数: 32

级数: High Intermediate - NC2

编舞者: Jacob Ballard (USA) - March 2013

音乐: Radioactive - Imagine Dragons

Begin on Lyrics when heavy beat drops in

BASIC, ½ SPIRAL, SIDE, CROSS, LUNGE, CROSS, ¼, PIVOT ½, ½, BACK 1-2& step right to side, step slightly back on left, cross right over left 3-4& step left to side spiraling 1/2 right (6:00), step right to side, cross left over right 5-6 lunge right to side, recover cross right over left, turn 1/4 left stepping forward on left, step right forward &7& pivot ½ left, turn ½ left stepping back on right, step left back bigger step 8&1 BACK ROCK, FORWARD, ¾, SIDE ROCK, CROSS, ¼, SLIDE WITH BEND, WEIGHT TRANSFER, FULL TURN 2& rock back onto right, recover 3& step right forward, turn ³/₄ right on ball of right foot NOTE: for counts "3&", make it one smooth motion. Drag out the 3 count instead of a quick "&". 4&5 rock left to side, recover, cross left over right & make a sharp 1/4 turn left touching right next to left 6-7 slide right toe to side as you bend you left knee down slightly, with knee still bent, transfer weight to right (you should now be almost in a lunge position on count 7) 8 raising back up, make a full rotation to the right on ball of right foot, bringing left foot into "figure 4" position (9:00) BASIC, SWAY, ½ WITH POINT, CROSS ROCK, SWEEP, BACK CROSS ROCK, ¼, STEP LOCK, ½ 1-2& step left to side, step slightly back on right, cross left over right 3-4& step right to side swaying hips right, recover weight to left, make 1/2 turn left pointing right to side 5-6 cross rock right over left, recover to left as you start to sweep right from front to back 7& finish sweep and cross rock right behind left, recover 8&1 & turn 1/4 right stepping forward on right, lock left behind right, step right forward, turn 1/2 right on ball of right foot letting left drag slightly next to right NOTE: just like before, make counts "1&" one smooth motion. RUN, PIVOT 1/2, 1/4 SIDE, 1/4 ROCK AND LOCK, 1/4 ROCK AND CROSS 2&3 step left forward, step right forward, step left forward

- 4-5 pivot 1/2 right, turn 1/4 right stepping left to side
- 6&7 turn 1/4 left rocking forward onto right, recover, lock right over left
- &8& turn 1/4 left rocking left to side, recover, cross left over right

REPEAT

TAG: Happens at the end of wall 4

- 1-2& step right to side, step slightly back on left, cross right over left
- 3-4& step left to side, step slightly back on right, cross left over right
- 5-6 turn ¼ right stepping forward on right, step left forward
- 7-8& pivot 1/2 right, turn 1/4 right stepping left to side, cross right over left
- 1-2& step left to side, step slightly back on right, cross left over right
- 3-4& step right to side, step slightly back on left, cross right over left
- 5-6 turn 1/2 left stepping forward on left, step right forward



墙数:4