

Waking Up

COPPER KNOB
BY STEPHEN

拍数: 32
编舞者: Jacob Ballard (USA) - March 2013
音乐: Radioactive - Imagine Dragons

墙数: 4

级数: High Intermediate - NC2



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 ½ right (6:00), step right to side, cross left over right
5-6 lunge right to side, recover
&7& cross right over left, turn ¼ left stepping forward on left, step right forward
8&1 pivot ½ left, turn ½ left stepping back on right, step left back bigger step

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 ¾ 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 ¼ 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 ½ 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 ¼ right stepping forward on right, lock left behind right, step right forward, turn ½ 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 ½, ¼ SIDE, ¼ ROCK AND LOCK, ¼ ROCK AND CROSS

2&3 step left forward, step right forward, step left forward
4-5 pivot ½ right, turn ¼ right stepping left to side
6&7 turn ¼ left rocking forward onto right, recover, lock right over left
&8& turn ¼ 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 ½ right, turn ¼ 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 ½ left stepping forward on left, step right forward

7-8&

pivot $\frac{1}{2}$ left, turn $\frac{1}{4}$ left stepping right to side, cross left over right
