

Wakey Wakey

拍數: 32 牆數: 4 級數: Easy Intermediate
編舞者: Scott Blevins (USA) & Jo Thompson Szymanski (USA) - January 2015
音樂: I woke up - One T : (Album: The One-T's ABC)



#24 count intro to start with lyrics

With 3 Restarts occurring after count 16& on rotations 3, 6 and 8

Sequence: Front wall, Side wall, Back wall dance 16& counts and Restart facing the original 12 O'clock wall.
Front wall, Side wall, Back wall dance 16& counts and restart facing the original 12 O'clock wall.
Front wall, Side wall dance 16& counts and restart facing the original 9 O'clock wall. Dance full 32 to ending.

[1-8] SIDE, BEHIND, SIDE, PLACE, KNEE POP, CROSS, SIDE, ½ TURN SAILOR WITH CROSS

1-2&3 1) Step R to right; 2) Step L behind R; &) Step R to right; 3) Place L fwd toward left diagonal
&4 &) Pop both knees fwd toward left diagonal; 4) Return knees to neutral position
5-6 5) Transfer weight to L as you step R across L; 6) Step L to left
7&8 7) Step R behind L; &) Turning ¼ right, step ball of L back; 8) Turning ¼ right, step R across L [6:00]

[9-16] ¼ RIGHT, ¼ RIGHT, CROSS TRIPLE, ROCK, RECOVER, CROSS, SIDE, BEHIND, ¼ LEFT, ¼ LEFT

1-2 1) Turning ¼ right, step L back; 2) Turning ¼ right, step R to right [12:00]
3&4 Cross triple - 3) Step L across R; &) Step R to right; 4) Step L across R
5&6&7 5) Rock R to right; &) Recover to L; 6) Step R across L; &) Step L to left; 7) Step R behind L
8 8) Turning ¼ left, step L fwd [9:00]
& &) Turn ¼ left on L [6:00]

Note: This ¼ turn is meant to be done just before you step R to right side on count 17 or just before you step R to right side on count 1 during the Restarts.

[17-24] HIP CIRCLE, BUMP, HIP CIRCLE, BUMP, ¾ WALK AROUND R-L-R-L TO RIGHT

1 1) Step R to right circling hips anti-clockwise from back to front
2 2) Touch L fwd toward left diagonal and bump to left
3 3) Circle hips clockwise from front to back taking weight on L as you finish the circle
4 4) Touch R fwd toward right diagonal and bump to right
5-6 5) Turning 1/8 right, step R fwd at a diagonal toward 7:00; 6) Turning 1/8 right, step L fwd toward 9:00
7-8 7) Turning ¼ right, step R fwd toward 12:00; 8) Turning ¼ right, step L fwd toward 3:00

[25-32] KICK, OUT, OUT, BALL, CROSS, FULL TURN, SIDE ROCK, ¼ RECOVER, STEP, ¾ PIVOT

1&2&3 1) Kick R fwd; &) Step R to right; 2) Step L to left; &) Step ball of R to center/slightly back; 3) Cross L over R
4 4) Unwind a full turn right on the spot, taking weight on L
5-6 5) Rock R to right pushing hips to right; 6) Turning ¼ left, step L fwd [12:00]
7-8 7) Step R forward; 8) Turn ¾ left taking weight on L [3:00]

Ending: When you complete the last rotation you will be facing the original 6 O'clock wall and your weight will be on your L foot.

There is one more beat of music: &) Turn ½ left on L; 1) Step R to right to face original 12 O'clock wall.

Enjoy!

