

I Woke Up

COPPERKNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Beginner
編舞者: Mamalinedance Mei Kwo (USA) - May 2015
音樂: I woke up - One T : (Album: The One-T's ABC)



Start On Vocals, No Tags, No Restarts

SEC: 1: WALK, WALK,HEEL SWITCHES,WALK, WALK, R KICK BALL CHANGE(12:00)

1-2 Walk forward right, left
3&4& Touch right heel forward, Step back in place, Touch left heel forward, Step back in place
5-6 Walk forward right, left
7&8 Kick right forward, Step right next to left, Step left next to right

SEC: 2: ½ PADDLE , TRIPLE FORWARD, 3/4 PADDLE , TRIPLE FORWARD (3:00)

1& Rock R forward, Replace to L, making ¼ turn L
2& Rock R forward, Replace to L, making ¼ turn L
3&4 Triple forward R,L,R (6.00)
5& Rock L forward, Replace to R, making 1/4 turn R
6& Rock L forward, Replace to R, making 1/2 turn L R
7&8 Triple forward L, R, L (3.00)

SEC: 3: HEEL STEPS, SWIVELS 2X, (3:00)

1& R Heel forward, step together with L
2& L Heel forward, step together with R
3&4 With both heels together swivel R, center, R
5& L Heel forward, step together with R
6& R Heel forward, step together with L
7&8 With both heels together swivel L, center, L,

SEC: 4: TOUCH STEP, TOUCH STEP ~ HEEL SWITCHES, STEP, PADDLE TURN 1/4 LEFT X2 (9:00)

1&2& Touch R side right, Step R next to L; touch L side Left, step L next to R;
3&4& Touch right heel forward, Step back in place, Touch left heel forward, Step back in place
5-6 Step Right Forward, Paddle 1/4 Turn Left (Weight On Left)
7-8 Step Right Forward, Paddle 1/4 Turn Left (Weight On Left)(9:00)

Repeat and Have Fun!
