

I Woke Up

COPPER KNOB
BY STEPHEN

拍數: 32 牆數: 2 級數: Intermediate
編舞者: Kristen Flood (AUS) - April 2017
音樂: Woke Up in Nashville - Seth Ennis : (Album: Mabelle - EP - iTunes)



Start weight on L. Commence dance at 0:06 on the lyric 'Nashville'

(1-8) walk, walk, ¼ pivot cross, step ¼, ¼ side rock replace, Tog rock replace

- 1, 2, 3 & 4 & Walk R fwd, walk L fwd, step R fwd, ¼ pivot L (9:00) taking weight on L, cross R over L, make ¼ R stepping L back (12:00)
5, 6 & 7, 8 Make ¼ R rock R to R side (3:00), replace L to L side, step R next to L, rock L to L side, replace R to R side

(9-16) Behind side cross, side cross, replace, switch pivot, cross samba

- 1 & 2, 3 & 4 Step L behind R, step R to R side, cross L over R, step R beside L, cross L over R (facing 4:30), replace R back
& 5, 6, 7 & 8 Step L next to R (still facing 4:30), step R fwd, pivot ½ L (10:30) taking weight on L, straightening up to 12:00 cross R over L, step L to L side, step R to R side (cross samba)

(17-24) cross, side rock replace, ½ turn rock replace, tog, cross ¼ shuffle cross, coaster step

- & 1, 2 & 3, 4 & Cross L over R, rock R to R side, replacing L to L side making ½ R (6:00), step R next to L, rock L to L side, replace R to R side, step L next to R
5 & 6, 7 & 8 Cross R over L, making ¼ R step L back (9:00), cross R over L (cross shuffle cross), step L back, step R next to L, step L fwd (coaster step)

(25-32) Ball step, hip sways, click, roll full turn, touch, 1/4 , 1/4 touch

- & 1, 2, 3, 4 Step R ball next to L, step L fwd making ¼ R swaying hips to L side (12:00), step R to R side swaying hips R, step L to L side swaying hips L, touch R next to L raising L hand and click fingers near L ear
5 & 6 & 7, 8 Full turn roll to R side stepping R fwd making ¼ turn R (3:00), step L tog making ½ R (9:00) step R to R side making ¼ R (12:00), touch L next to R, Step L fwd making ¼ L (9:00), touch R next to L making ¼ L (6:00)

RESTART DANCE

Tag at the end of wall 2 add the following:

Step, rock replace, step, rock replace

- 1, 2 & 3, 4 & Step R fwd, rock L fwd, replace R back, step L back, rock R back, replace L fwd

Start again on wall 3 facing 12:00

Enjoy!

Kristen: Ph: 0424 844 523

E: applejax86@hotmail.com

W: www.facebook.com/applejaxdancers

YouTube: www.youtube.com/cowgirlkristen