

Wake Up

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Hiroko Carlsson (AUS) - January 2019
音樂: Wake Up - Loud Forest : (iTunes)



(Intro: 2 counts)

[S1] K Step, Fwd Rock-1/2R-Side, Coaster Step, Fwd

1&2& Step R to right front diagonal, Touch L beside R, Step L to left back diagonal, Touch R beside L
3&4& Step R to right back diagonal, Touch L beside R, Step L to left front diagonal, Touch R beside L
5&6& Rock/step forward on R, Recover weight on L, Make a ½ turn right stepping forward on L, Step L to left
7&8& Step back on R, Step L next to R, Step forward on R, Step forward on L (6:00)

[S2] R Kick, L Kick, R Knee Roll, L Knee Roll, Fwd Rock-Back, 1/4L Sailor Step

1&2& Kick R forward, Step R next to L, Kick L forward, Step L next to R (feet shoulder-width apart)
3&4& R Knee roll in-out (3&), L knee roll in-out (4&)
5&6 Rock/step R forward, Recover weight on L, Step R back sweeping L around R
7&8 Make a ¼ turn left stepping L behind R, Step R to side, Step L forward (3:00)

[S3] Walk Fwd RLRL, 1/4R Bounce-Bounce, Twist-1/4R, Rumba Box w/ Touch

1&2& Step R forward, Step L forward, Step R forward, Step L forward
3& Bounce twice with both feet while making a ¼ turn right (3&)
4& Twist both heels to right, Twist back and make a ¼ turn right weight ends on L
5&6& Step R to side, Step L next to R, Step R forward, Touch L together
7&8& Step L to side, Step R next to L, Step L back, Touch R together (9:00)

[S4] R Side Roll-Fwd w/ Sweep, Box Step, Lock Step, R Toe Strut, 1/2L L Toe Strut

1& Make a ¼ turn right stepping R forward, Make a ½ turn right stepping L back
2& Make a ¼ turn right stepping forward on R and sweeping L around R (2&)
3&4& Cross L over R, Step R back, Step L to side, Step R forward
5&6 Step L forward, Lock/step R behind L, Step L forward
7& Step R forward with R toe, Drop R heel down
8& Make a ½ turn left stepping forward on L with L toe, Drop L heel down (3:00)

Repeat - No Tags or Restarts

Please feel free to contact me if you need any further information. (hirokoclinedancing@gmail.com)
(updated: 20/Jan/19)