

# Woke Up This Morning

COPPERKNOB  
STEPPERS

拍數: 32      牆數: 2      級數: Beginner  
編舞者: Betty Fagen - May 2020  
音樂: Woke Up This Morning - Alabama 3



Optional: Stayin' Alive by Bee Gees

Intro: 16 Counts - No Tags Or Restarts

## WALK, WALK, SHUFFLE STEP, STEP BACK, BACK, SHUFFLE STEP

1,2,            R forward walk, L forward walk  
3&4            R shuffle step forward (r,l,r)  
5,6            L step back R step back  
7,8            L shuffle step back (l,r,l)

## SIDE ROCK, CROSS & CROSS, SIDE ROCK, TURNING SAILOR STEP

1,2            R side rock/recover  
3&4            R cross over L, R cross over L  
5,6            L side rock/recover  
7&8            Left 1/4 turn sailor step, (L behind R, R side step, step side left)

## STEP POINT, STEP POINT, STEP BACK, BACK, BACK, BACK

1,2            R step forward, L point to side left  
3,4            L step forward, R point to side right  
5,6            R step back, L step back  
7,8            R step back, L step back

## SIDE ROCK CROSS, SIDE ROCK CROSS, TWO PIVOT TURNS

1&2            R side rock recover, cross right foot front of left  
3&4            L side rock recover, cross left foot front of right  
5,6            R 1/8 pivot to left  
7,8            R 1/8 pivot to left

Start Again

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