

Woke Up In Love

COPPERKNOB
BY STEPHENETS

拍數: 0

牆數: 1

級數: Phrased Easy Intermediate - NC
Rumba stage



編舞者: Jim PAVADÉ (FR) - December 2022

音樂: Woke Up in Love - Kygo, Gryffin & Calum Scott

Sequences: A - Bridge - B - C - D - Tag -A - Bridge- B - C - D - B - C

The dance starts with the body weight on the LF

Part A: 2 X 16 counts

Section 1: Walk Hold, RF&LF , Nightclub Basic R & L

1 2 3 4 RF forward - Hold, LF forward - Hold
5 6& Step RF to R side, Close LF behind RF, Cross RF over LF
7 8& Step LF to L side, Close RF behind LF, Cross LF over RF

Section 2: ½ Turn Left with Sweep L, Behind, Side Rock ,Touch

1 2 3 RF to Side, ¼ Turn left Step LF to L(09:00), ¼ Turn left Step RF to R(06:00)
4 5 Sweep LF from front to bback, Cross LF behind RF
6 7 8 RF to side, Recover on LF, Touch RF next LF

Repeat 16 counts on wall 6:00 and then finish on wall 12:00

Bridge : 16 counts :

Section 1: Back Rumba Box

1 2 3 4 RF to side, LF close to RF, RF back, hold
5 6 7 8 LF to side, RF close to LF, LF forward, hold

Section 2: Forward Rumba Box

1 2 3 4 RF to side, Close LF to RF, RF forward, hold
5 6 7 8 LF to side, Close RF to LF, LF back, hold

Part B: 2 X 16 counts

Section 1: Back Toe Strut RF & LF, Cross Point (snap fingers) X 2

1 2 RF Toe Backward, Drop R Heel in place (option: with body roll)
3 4 LF Toe Backward, Drop L Heel in place (option: with body roll)
5 6 Cross RF over LF, Point LF to left side (snap fingers)
7 8 Cross LF over RF, Point RF to right side (snap fingers)

Section 2: Jazz Triangle with ¼ Turn R X 2

1 2 3 4 Cross RF over LF, LF back, ¼ Turn right RF to Side (03:00), Close LF to RF
5 6 7 8 Cross RF over LF, LF back, ¼ Turn right RF to Side (06:00), Close LF to RF

Repeat 16 counts on wall 6:00 and then finish on wall 12:00

Part C: 2 X 16 counts

Section 1: Syncopated Lock Steps, Left Pointed X 4

1&2& On the R diagonal RF fwd, Lock LF behind RF, RF fwd, Lock LF behind R
3&4 RF fwd, Lock LF behind RF, RF forward, (01:30)
5 6 Point LF forward , Point LF to side
7 8 Point LF forward Point LF to side

Section 2: Diamond ½ Turn L, V Step with Touch

1&2 Cross LF over RF, 1/8 Turn L RF Back , 1/8 Turn L LF back

3&4 RF Back, 1/8 Turn L LF to side, 1/8 Turn L RF Fwd (07:30)
5 6 7 8 1/8 Turn L LF out, RF out, LF In, Touch RF closed to LF (06:00)

Repeat 16 counts on wall 6:00 and then finish on wall 12:00

Part D: 4 X 8 counts (same sequence of steps on 4 walls)

[1-8] Kick - Step – Heel , Heel Grind , Switch Points

1&2 Kick RF Fwd RF back , Touch L Heel Fwd
3 4 Grind &Twist both Heels ¼ Turn R Recover weight on RF
5&6& Point LF to side, Ball on LF, Point RF to side, Ball on RF
7&8 Point LF to side, Ball LF on RF, Point RF to side (03:00)

Repeat the same 8 counts at 3:00, 6:00 and 09:00

Tag : 4 counts on wall 12:00 :

[1-4&] R Rock Forward ,Together, L Rock Forward ,Together

1 2& Rock RF forward, Recover on LF, Close RF to LF
3 4& Rock LF forward, Recover on RF, Close LF to RF

Final : Form a heart with your 2 hands, laced on the left on the last counts.

Enjoy !
