Life is Your Wake-Up Call



編舞者: Sue Korek (USA) - 21 February 2025

音樂: Do This Life - High Valley 或: Wake Me Up - Avicii



Alternate Music:

Wake Me Up (Avicii-1 June 2013) Intro: 16 counts, bpm=124

Intro: after 2 counts on lyric "I..."

Section 1 (BASIC RIGHT, TWO HEEL SPLITS)

1-2	Step R to right side, step L beside R
3-4	Step R to right side, step L beside R

5-6 Split both heels out, return both heels back to center7-8 Split both heels out, return both heels back to center

Section 2 (BASIC LEFT, TWO HEEL SPLITS)

1-2	Step L to left side, step R beside L
3-4	Step L to left side, step R beside L
5.6	Split both book out return both book

5-6 Split both heels out, return both heels back to center 7-8 Split both heels out, return both heels back to center

Section 3 (VINE RIGHT, 1/4 TURN RIGHT, SWEEP, L JAZZ BOX CROSS)

1-2 Step R right, cross L behind R

3-4 1/4 turn right step R forward, sweep L toe across front of R

5-6 Step L across R, step R back7-8 Step L to left; cross R over L

Section 4 (WEAVE LEFT, ROCK, RECOVER)

1-2	Step L to left, step R behind L
3-4	Step L to left, cross R over L
5-6	Step L to left, rock R behind L
7-8	Recover L. touch R beside L

Enjoy this fun Beginner dance!

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Last Update: 22 Feb 2025