

Wake Up

拍數: 132 牆數: 2 級數: Advanced
編舞者: Lyn Hubble & Jenny Molesworth
音樂: Don't Wake Me Up - The Sweethearts Of The Rodeo



- 1-4 Step forward on right heel, place right toe down, repeat as left heel/toe strut
5-8 Hop/rock forward on right, hop/rock back on left, hop/rock back on right, forward on left
- 1-4 Cross right over left, hold, step back on left, hold
5-8 Travel at angle step back on right, cross left over right, back on right, cross left over right
- &1-2 Hop back on right as you place left heel forward, hold
&3-4 Hop to center on left as you tap right toe next to left, hold (slow ball jack)
&5&6 Repeat ball jack (but without the holds)
7-8 Clap hands twice
- &1-2 Hop back on right as you place left heel forward, step to left on left
3-6 Cross right over left, step left on left, right behind left, left to left
7-8 Cross right over left, step left to left
- 1-4 Turn $\frac{1}{4}$ left as you step forward on right, hold, rock to left on left, hold
5-8 Turn $\frac{1}{4}$ left as you step forward on right, hold, drag left next to right, hold (weight on right)
- 1-4 Step forward on left, hold, tap right next to left, hold
&5&6 Hop back on right as you tap left heel forward, hop forward on left & hook right up behind left
&7&8 Repeat &5&6
- 1-4 Touch right toe to right, hold, turn $\frac{1}{2}$ right stepping on right, hold (Monterey)
5-8 Step left on left, step right to right, step forward on left, hold
- 1-2 Bending down through knees step forward on right, hold
3-4 Straightening up step forward on left, hold
5-8 Repeat step right forward, hold, left forward, hold (down then up)
- 1-4 Drop right shoulder to right, straighten up & drop left shoulder to left
This completes the first half of the dance and you will notice that the rhythm throughout most of this first half is slow, slow, Quick, Quick, Quick, Quick
- 1-4 Step right to right, left behind right, right on right, left over right (vine/vine)
5-8 Repeat vine/vine (which makes an extended vine in all)
- 1-2 Step right to right, traveling back at 45 degrees to left step on left
3-4 Still going back to left step right behind left, step back on left to left
5-6 Now traveling back at right 45 step back on right, step left behind right
7-8 Step back on right at 45 degrees right, step straight back on left
- &1-2 Scoot back on left hitching right knee, step back on right
&3-4 Scoot back on right hitching left knee, step back on left
&5-6 Scoot back on left hitching right knee, step back on right
&7-8 Scoot back on right hitching left knee, step back on left
Scoot steps can be done as step back, hold x 4 times

1-4 Touch right toe forward, pivot $\frac{1}{2}$ right on right, repeat right $\frac{1}{2}$ pivot turn

5-8 Repeat right $\frac{1}{2}$ pivot turn twice more

Four pivot turns can be done as two $\frac{1}{2}$ turns with holds. I.e., touch, hold, turn, hold, touch, hold, turn, hold (or just hold for 8 counts)

1-4 Step forward on right spreading palms of both hands out and down for 4 counts

5-8 Shimmying shoulders turn $\frac{1}{2}$ to left transferring weight to left for 4 counts

1-4 Step back on right, drag left back past right, step back left, drag right back past left

5-8 Repeat back on right, drag left, step back on left, hold

1-4 Turning $\frac{1}{2}$ to left on left swing & point both hands forward (for 4 counts)

5-8 Turning $\frac{1}{2}$ right again weight on left & point both hands forward (for 4 counts)

1-4 Touch right toe forward, hold, step back on right, hold

5-8 Touch left toe back, hold, step forward on left, hold

REPEAT

The rhythm for most of the second half is different to first half in that it is mainly 8 quick moves each set.
