

Wake-Up Call

拍數: 48 牆數: 2 級數: Intermediate
編舞者: Dee Musk (UK) - January 2006
音樂: All I Want - Simon Webbe



LARGE STEP BACK ON RIGHT, LEFT DRAG, TOGETHER RIGHT, LEFT WALK, RIGHT DIAGONAL PRESS RECOVER, TOGETHER, ¼ TURN LEFT WITH STEP FORWARD ON LEFT, STEP FORWARD ON RIGHT

- 1-2& Step a large step back on right, drag left beside right, step down on left
3-4 Walk forward right, walk forward left
5-6 Press right to right diagonal, recover weight to left
8&7-8 Step right beside left, make a ¼ turn left stepping forward on left, step forward on right (9:00)

LEFT WALK ROUND TURN, RIGHT ANCHOR STEP, WALK BACK LEFT, WALK BACK RIGHT, DRAG LEFT BESIDE RIGHT, TOGETHER, STEP FORWARD RIGHT

- 1-2-3 Traveling to the left around to 12:00 walking left, right, left
4&5 Rock right behind left, recover weight to left, rock back on right
6-7 Walk back left, walk back right
8&1 Drag left beside right, step down on to left, step forward on right (12:00)

¼ TURN RIGHT WITH LEFT SWEEP, LEFT CROSS SHUFFLE, ¼ TURN LEFT, ¼ TURN LEFT, RIGHT CROSS ROCK STEP SIDE RIGHT

- 2 Making a ¼ turn right sweep left from behind to in front of right
3&4 Cross left over right, step right beside left, cross left over right
5-6 Making a ¼ turn left step back on right, make a further ¼ left stepping left to left side
7&8 Cross rock right over left, recover weight to left, step right to right side (9:00)

TURNING RIGHT SPIN A FULL TURN SWEEPING LEFT ROUND, TOUCH LEFT BESIDE RIGHT, TOGETHER, STEP FORWARD ON RIGHT, TOUCH LEFT FORWARD, TOUCH LEFT BACK, MAKE A ½ TURN LEFT, FULL TURN LEFT

- 1-2& Sweeping left to the right spin a full turn right, touch left beside right, step down on left
3-4 Step forward on right, touch left toe forward
5-6 Touch left toe back, make a ½ turn over left shoulder weight forward on left
7-8 Traveling forward make a full turn left, stepping back on right, stepping forward on left (3:00)

RIGHT MAMBO FORWARD WITH ¼ TURN RIGHT, LEFT SAILOR STEP, RIGHT SAILOR STEP, STEP BACK LEFT, MAKE A ½ TURN RIGHT

- 1&2 Rock forward on right, recover weight to left, make a ¼ turn right stepping right to right side
3&4 Step left behind right, step right to right side, step left in place
5&6 Step right behind left, step left to left side, step right in place
7-8 Step back on left, making a ½ turn right step forward on right (12:00)

LEFT MAMBO FORWARD, STEP BACK ON RIGHT, MAKE A ½ TURN LEFT STEPPING FORWARD ON LEFT, RIGHT FORWARD LOCK STEP, LEFT MAMBO FORWARD

- 1&2 Rock forward on left, recover weight to right, step back on left
3-4 Step back on right, making a ½ turn left step forward on left
5&6 Step forward on right, lock left behind right, step forward on right
7&8 Rock forward on left, recover weight to right, step back on left (6:00)

REPEAT