

Wakey Wakey (P)

COPPERKNOB
STEPSHEETS

拍數: 32 牆數: 0 級數: Partner
編舞者: Rick Bates (USA) & Deborah Bates (USA)
音樂: Wake Up Screaming - Gary Allan



Position: Double Hand Hold Position. Man faces OLOD and Lady faces ILOD

MAN

SIDE STEP, BEHIND, LUNGE, PIVOT, TOE TAP, FORWARD SHUFFLE, SYNCOPATED ROCK STEP, PIVOT STEP

1-2 Step to the left on left foot, cross right foot behind left and step

Release man's right hand and lady's left

&3 Take a long step to the left on left foot, pivot a ¼ turn to the right on ball of left foot, 4 tap right toe across and to the left of left foot

Partners now facing RLOD in the left open promenade position, holding inside hands (man's left and lady's right)

5&6 Shuffle forward (right, left, right)

7& Step forward on left foot, rock back onto ball of right foot

Release inside hands

8 Pivot ½ turn to the left on ball of right foot and step forward on left foot

FULL ROLLING TURN, FORWARD SHUFFLE, SYNCOPATED ROCKING CHAIR, SYNCOPATED STEP-SLIDE-STEP

9-10 Step forward on right foot and begin a full rolling turn to the left traveling forward toward LOD, step on left foot and complete rolling turn to the left

Man takes up lady's left hand in his right. Partners now in the right open promenade position facing LOD

11&12 Shuffle forward (right, left, right)

13& Step forward on left foot, rock back onto right foot

14& Step back on left foot, rock forward onto right foot

15&16 Step forward on left foot, slide right foot next to left and step, step forward on left foot

SIDE STEP, BEHIND, LUNGE, PIVOT, TOE TAP, FORWARD SHUFFLE, STEP, PIVOT, TOGETHER

Release inside hands. Lady passes in front of man as partners switch sides

17-18 Step to the right on right foot, cross left foot behind right and step

&19 Take a long step to the right on right foot, pivot a ¼ turn to the right on ball of right foot

20 Tap left toe across and to the right of right foot

Man now facing ILOD and lady facing OLOD. Lady slightly to the right of man

21&22 Shuffle forward (left, right, left)

Lady passes to the right of man as partners switch sides

23-24 Step forward on right foot, pivot ½ turn to the left on ball of right foot and step left foot next to right

Man now facing OLOD and lady facing ILOD

SYNCOPATED TRAVELING OUT-OUT'S / IN-IN'S, SYNCOPATED ROCKING CHAIR, SYNCOPATED STEP-SLIDE-STEP

&25 Jump back and to the right on right foot, jump back and to the left on left foot about shoulder width apart from right

&26 Jump back to center on right foot, jump left foot next to right

&27 Jump back and to the right on right foot, jump back and to the left on left foot about shoulder width apart from right

&28 Jump back to center on right foot, jump left foot next to right

29& Step forward on right foot, rock back onto left foot

30& Step back on right foot, rock forward onto left foot

31&32 Step forward on right foot, slide left foot next to right and step, step forward on right foot
Rejoin hands in the double hand hold position. Man facing OLOD and lady facing ILOD

REPEAT

LADY

SIDE STEP, BEHIND, LUNGE, PIVOT, TOE TAP, FORWARD SHUFFLE, SYNCOPATED ROCK STEP, PIVOT STEP

1-2 Step to the right on right foot, cross left foot behind right and step

Release man's right hand and lady's left

&3 Take a long step to the right on right foot, pivot a ¼ turn to the left on ball of right foot

4 Tap left toe across and to the right of right foot

Partners now facing RLOD in the left open promenade position, holding inside hands (man's left and lady's right)

5&6 Shuffle forward (left, right, left)

7& Step forward on right foot, rock back onto ball of left foot

Release inside hands

8 Pivot ½ turn to the right on ball of left foot and step forward on right foot

FULL ROLLING TURN, FORWARD SHUFFLE, SYNCOPATED ROCKING CHAIR, SYNCOPATED STEP-SLIDE-STEP

9-10 Step forward on left foot and begin a full rolling turn to the right traveling forward toward LOD, step on right foot and complete rolling turn to the right

Man takes up lady's left hand in his right. Partners now in the right open promenade position facing LOD

11&12 Shuffle forward (left, right, left)

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SIDE STEP, BEHIND, LUNGE, PIVOT, TOE TAP, FORWARD SHUFFLE, STEP, PIVOT, TOGETHER

Release inside hands. Lady passes in front of man as partners switch sides

17-18 Step to the left on left foot, cross right foot behind left and step

&19 Take a long step to the left on left foot, pivot a ¼ turn to the left on ball of left foot

20 Tap right toe across and to the left of left foot

Man now facing ILOD and lady facing OLOD. Lady slightly to the right of man

21&22 Shuffle forward (right, left, right)

Lady passes to the right of man as partners switch sides

23-24 Step forward on left foot, pivot ½ turn to the right on ball of left foot and step right foot next to left

Man now facing OLOD and lady facing ILOD

SYNCOPATED TRAVELING OUT-OUT'S / IN-IN'S, SYNCOPATED ROCKING CHAIR, SYNCOPATED STEP-SLIDE-STEP

&25 Jump back and to the left on left foot, jump back and to the right on right foot about shoulder width apart from left

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29& Step forward on left foot, rock back onto right foot

30& Step back on left foot, rock forward onto right foot

31&32 Step forward on left foot, slide right foot next to left and step, step forward on left foot

Rejoin hands in the double hand hold position. Man facing OLOD and lady facing ILOD

REPEAT

