

# Wise Up

COPPER KNOB  
STEPPERS

拍數: 64      牆數: 4      級數: Intermediate/Advanced  
編舞者: Kate Sala (UK)  
音樂: Fool No More - S Club 8



## FORWARD ROCK, TRIPLE FULL TURN, CROSS STEP, SIDE STEP, TRIPLE $\frac{3}{4}$ TURN

1-2      Rock forward on right, rock back on left  
3&4      Triple full turn right on the spot on right, left, right

### Alternative: coaster step

5-6      Cross step left over right, step right to right side  
7&8      Triple  $\frac{3}{4}$  left on left, right, left, traveling towards 3:00 wall

## HEEL & TOE & KICK, STEP BACK, TOGETHER, WALK FORWARD TWICE, KICK, OUT, OUT

1&2      Dig right heel forward, step right in place, tap left toe back  
&3&4      Step left in place, kick right forward, step back on right, step left next to right  
5-6      Walk forward on right, left  
7&8      Kick right forward, step right out to right side, step left out to left side

## FULL TURN LEFT, CROSS ROCK, SCISSOR STEP, STEP LEFT, TOGETHER

1-2      Turn  $\frac{1}{2}$  left stepping right to right side, turn  $\frac{1}{2}$  left stepping left to left side  
3-4      Cross rock right over left, recover on to left  
5&6      Step right to right side, step left next to right, cross step right over left  
7-8      Step left to left side, step right next to left

## CROSS SHUFFLE, SIDE SHUFFLE, CROSS BEHIND, UNWIND $\frac{1}{2}$ TURN, PIVOT $\frac{1}{2}$ TURN

1&2      Cross step left over right, step right to right, cross step left over right  
3&4      Step right to right side, step left next to right, step right to right side  
5-6      Cross step left behind right, unwind  $\frac{1}{2}$  turn left  
7-8      Step forward on right, pivot  $\frac{1}{2}$  turn left

## CROSS STEP, HOLD, & CROSS, SIDE STEP, KICK BACK, BALL CROSS, SWEEP FORWARD

1-2      Cross step right over left, hold for 1 count  
&3-4      Step left to left side, cross step right over left, step left to left side  
5&6      Low kick right behind, step on ball of right in place, cross step left over right  
7-8      Sweep right forward from back to front, step forward on right

## PIVOT $\frac{1}{2}$ TURN, TRIPLE $\frac{1}{2}$ TURN, WALK BACK TWICE, BALL STEP, STEP WITH $\frac{1}{4}$ TURN LEFT

1-2      Step forward on left, pivot  $\frac{1}{2}$  turn right  
3&4      Triple  $\frac{1}{2}$  turn right on left, right, left traveling back  
5-6      Walk back on right, left  
&7-8      Step on ball of right next to left, step forward on left, turn  $\frac{1}{4}$  left stepping right to right side

## FORWARD ROCK, SIDE ROCK, BEHIND, SIDE, CROSS, $\frac{3}{4}$ TURN LEFT

1-2      Rock forward on left, rock back on right  
3-4      Rock left out to left side, rock on right in place  
5&6      Cross step left behind right, step right to right side, cross step left over right  
7-8      Turn  $\frac{1}{4}$  left stepping back on right, turn  $\frac{1}{2}$  left stepping forward on left

## FORWARD ROCK, SIDE ROCK, BEHIND, SIDE, CROSS, SIDE STEP LEFT, SLIDE IN RIGHT

1-2      Rock forward on right, rock back on left  
3-4      Rock right out to right side, rock on left in place

5&6 Cross step right behind left, step left to left side, cross step right over left  
7-8 Big step left to left side, slide right next to left, (keeping weight on left foot)

**REPEAT**

**TAG**

**On the 5th wall, dance 32 counts only finishing on, unwind ½ turn, pivot ½ turn (3:00). Add**

1-4 Rock forward on right, rock back on left, step back on right, step left next to right

**Start dance again from the beginning**

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