

Wake Up

Count: 32

Wall: 4

Level: Intermediate

Choreographer: Hiroko Carlsson (Grafton, Australia) January 2019

Music: Wake Up / Artist: Loud Forest - Available on iTunes

Please feel free to contact me if you need any further information.

(hirokoclinedancing@gmail.com)

(Intro: 2 counts)

[S1] K Step, Fwd Rock-1/2R-Side, Coaster Step, Fwd

- 1&2& Step R to right front diagonal, Touch L beside R, Step L to left back diagonal, Touch R beside L
- 3&4& Step R to right back diagonal, Touch L beside R, Step L to left front diagonal, Touch R beside L
- 5&6& Rock/step forward on R, Recover weight on L, Make a ½ turn right stepping forward on L, Step L to left
- 7&8& Step back on R, Step L next to R, Step forward on R, Step forward on L (6:00)

[S2] R Kick, L Kick, R Knee Roll, L Knee Roll, Fwd Rock-Back, 1/4L Sailor Step

- 1&2& Kick R forward, Step R next to L, Kick L forward, Step L next to R (feet shoulder-width apart)
- 3&4& R Knee roll in-out (3&), L knee roll in-out (4&)
- 5&6 Rock/step R forward, Recover weight on L, Step R back sweeping L around R
- 7&8 Make a ¼ turn left stepping L behind R, Step R to side, Step L forward (3:00)

[S3] Walk Fwd RLRL, 1/4R Bounce-Bounce, Twist-1/4R, Rumba Box w/ Touch

- 1&2& Step R forward, Step L forward, Step R forward, Step L forward
- 3& Bounce twice with both feet while making a ¼ turn right (3&)
- 4& Twist both heels to right, Twist back and make a ¼ turn right weight ends on L
- 5&6& Step R to side, Step L next to R, Step R forward, Touch L together
- 7&8& Step L to side, Step R next to L, Step L back, Touch R together (9:00)

[S4] R Side Roll-Fwd w/ Sweep, Box Step, Lock Step, R Toe Strut, 1/2L L Toe Strut

- 1& Make a ¼ turn right stepping R forward, Make a ½ turn right stepping L back
- 2& Make a ¼ turn right stepping forward on R and sweeping L around R (2&)
- 3&4& Cross L over R, Step R back, Step L to side, Step R forward
- 5&6 Step L forward, Lock/step R behind L, Step L forward
- 7& Step R forward with R toe, Drop R heel down
- 8& Make a ½ turn left stepping forward on L with L toe, Drop L heel down (3:00)

Repeat

No Tags or Restarts

(updated: 20/Jan/19)