

Wake Up

Count: 64

Wand: 2

Ebene: Intermediate

Choreograf/in: Adam Åstmar (SWE) - October 2015

Musik: Wake Up - The Vamps



Sequence 64 - 40 - 40 - 64 - 64 - ENDING

Intro: 16 counts from where the drums come in

Sect – 1: HEEL, BALL, TOUCH, 1/4 BALL, HEEL, HOOK, HEEL, BALL , LOCK-STEP FORWARD, MAMBO STEP

- 1 & 2 & Touch L heel forward, ball step L next to R, touch R next to L, turn 1/4 to the left & ball step R in place (9:00)
- 3 & 4 & Touch L heel forward, hook L over R, touch L heel forward, ball step L next to R
- 5 & 6 Step R forward, lock L behind R, step R forward
- 7 & 8 Rock L forward

Sect – 2: COASTER STEP, 1/4 TURN STEP, TOUCH, STEP, ROCK FORWARD, RECOVER, SMALL STEPS BACK X3

- 1 & 2 Step R back, step L next to R, step R forward
- 3 & 4 Turn 1/4 to the right stepping L to the left, touch R next to L, step R forward (12:00)
- 5 - 6 Rock L forward, recover to R
- 7 & 8 Small steps back stepping L, R, L

Sect – 3: SAILOR 1 / 8 STEP, WALK X2, 1/4 TURN STEP, TOUCH, STEP, TRIPLE FULL TURN

- 1 & 2 Cross R behind L, turn 1/8 to the right stepping L in place, step R forward (1:30)
- 3 - 4 Walk forward L, R
- 5 & 6 Turn 1/4 to the right stepping L to the left, touch R next to L, step R forward (4:30)
- 7 & 8 Turn 1/2 to the left stepping L back, turn 1/2 to the left stepping R forward, step L forward (4:30)

Sect – 4: HEEL, 1/8 BALL, HEEL, BALL, HEEL, HITCH, STEP, HEEL SWIVEL, KICK, SAILOR 1/4 STEP

- 1 & 2 & Touch R heel forward, turn 1/8 to the left & ball step R in place, touch L heel forward, ball step L next to R (3:00)
- 3 & 4 Touch R heel forward, hitch R knee, step R forward
- 5 & 6 Swivel both heels to the right, swivel back in place, kick R forward
- 7 & 8 Turn 1/4 to the right crossing R behind L, step L in place, step R forward (6:00)

Sect – 5: SAMBA CROSS X2, CROSS SHUFFLE, SIDE ROCK, RECOVER, CROSS

- 1 & 2 Cross L over R, Step R to the right, step L next to R
- 3 & 4 Cross R over L, Step L to the left, step R next to L
- 5 & 6 Cross L over R, step R next to L, cross L over R
- 7 & 8 Rock R to the right, recover to L, cross R over L

Restart - Restart here at wall 2 & 3

Sect – 6: SIDE STEP, BEHIND, CHASSE 1/4 TURN, ROCK, RECOVER, LOCK-STEP BACK

- 1 - 2 Step L to the left, step R behind L
- 3 & 4 Step L to the left, step R next to L, turn 1/4 to the left stepping L forward
- 5 - 6 Rock R forward, recover to L
- 7 & 8 Step R back, lock L over R, step R back

Sect – 7: 3/8 SHUFFLE, STEP 1/2 TURN, FULL TURN, ROCK FORWARD, RECOVER, 1/8 SIDE, BALL

- 1 & 2 Shuffle turn 3/8 to the left stepping L, R, L (10:30)
- 3 - 4 Step R forward, turn 1/2 to the left

5 - 6 Turn 1/2 to the left stepping R back, turn 1/2 to the left stepping L forward (4:30)
7 & 8 & Rock R forward, recover to L, turn 1/8 to the right stepping R to the side, step L next to R (6:00)

Sect – 8: SIDE ROCK, RECOVER, BALL, SIDE ROCK, RECOVER BALL, 1/4 TURN STEP, MAMBO 1/4 STEP, STOMP

1 - 2 & Rock R to the right, recover to L, step R next to L
3 - 4 & Rock L to the left, recover to R, step L next to R
5 - 6 & Turn 1/4 to the right stepping R forward, Rock L forward, recover to R (9:00)
7 - 8 Turn 1/4 to the left stepping L to the left, stomp R next to L (6:00)

Ending Instead of stomping in section 8, you turn 1/2 to the left stepping R to the right & punching right hand in the air.

Then step L to the left and punch left hand in the air. Count is: 8 - 1

Have fun!
