Co	ount: 32	Wand: 4	Ebene: Intermediate		
Choreogra	af/in: Hiroko Ca	rlsson (AUS) - Januar	y 2019		
M	usik: Wake Up	- Loud Forest : (iTune	s)		
Intro: 2 cou	unts)				
S1] K Step	, Fwd Rock-1/2I	R-Side, Coaster Step,	Fwd		
1&2&	Step R to r L	ight front diagonal, To	uch L beside R, Step L to left back diago	nal, Touch R beside	
3&4&	Step R to r L	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 $\frac{1}{2}$ 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)			
S21 R Kick	. L Kick. R Knee	e Roll. L Knee Roll. Fw	d Rock-Back. 1/4L Sailor Step		
S2] R Kick 1&2& 3&4& 5&6 7&8	Kick R forw R Knee rol Rock/step	vard, Step R next to L, l in-out (3&), L knee ro R forward, Recover w	d Rock-Back, 1/4L Sailor Step Kick L forward, Step L next to R (feet sho Il in-out (4&) eight on L, Step R back sweeping L arour hind R, Step R to side, Step L forward (3:	nd R	
1&2& 3&4& 5&6 7&8 S3] Walk F	Kick R forw R Knee rol Rock/step Make a ¼ t	vard, Step R next to L, I in-out (3&), L knee ro R forward, Recover we turn left stepping L bel Bounce-Bounce, Twi s	Kick L forward, Step L next to R (feet sho Il in-out (4&) eight on L, Step R back sweeping L arour nind R, Step R to side, Step L forward (3: st-1/4R, Rumba Box w/ Touch	nd R	
1&2& 3&4& 5&6 7&8 S3] Walk F 1&2&	Kick R forw R Knee rol Rock/step Make a ¼ t Fwd RLRL, 1/4R Step R forw	vard, Step R next to L, l in-out (3&), L knee ro R forward, Recover we turn left stepping L bel Bounce-Bounce, Twis ward, Step L forward, S	Kick L forward, Step L next to R (feet should in-out (4&) eight on L, Step R back sweeping L arour hind R, Step R to side, Step L forward (3: st-1/4R, Rumba Box w/ Touch Step R forward, Step L forward	nd R	
1&2& 3&4& 5&6 7&8 S3] Walk F 1&2& 3&	Kick R forw R Knee rol Rock/step Make a ¼ f wd RLRL, 1/4R Step R forv Bounce twi	vard, Step R next to L, I in-out (3&), L knee ro R forward, Recover we turn left stepping L bel Bounce-Bounce, Twis ward, Step L forward, S ice with both feet while	Kick L forward, Step L next to R (feet should in-out (4&) eight on L, Step R back sweeping L arour hind R, Step R to side, Step L forward (3: st-1/4R, Rumba Box w/ Touch Step R forward, Step L forward e making a ¼ turn right (3&)	nd R 00)	
1&2& 3&4& 5&6 7&8 S3] Walk F 1&2& 3& 4&	Kick R forw R Knee rol Rock/step Make a ¼ f Fwd RLRL, 1/4R Step R forv Bounce twi Twist both	vard, Step R next to L, I in-out (3&), L knee ro R forward, Recover we turn left stepping L bel Bounce-Bounce, Twis ward, Step L forward, S ice with both feet while heels to right, Twist ba	Kick L forward, Step L next to R (feet should in-out (4&) eight on L, Step R back sweeping L arour hind R, Step R to side, Step L forward (3: st-1/4R, Rumba Box w/ Touch Step R forward, Step L forward e making a ¼ turn right (3&) ack and make a ¼ turn right weight ends	nd R 00)	
1&2& 3&4& 5&6 7&8 S3] Walk F 1&2& 3& 4& 5&6&	Kick R forw R Knee rol Rock/step Make a ¼ f Fwd RLRL, 1/4R Step R forw Bounce twi Twist both Step R to s	vard, Step R next to L, I in-out (3&), L knee ro R forward, Recover we turn left stepping L bel Bounce-Bounce, Twis ward, Step L forward, S ice with both feet while heels to right, Twist ba side, Step L next to R,	Kick L forward, Step L next to R (feet should in-out (4&) eight on L, Step R back sweeping L arour hind R, Step R to side, Step L forward (3: st-1/4R, Rumba Box w/ Touch Step R forward, Step L forward e making a ¼ turn right (3&) ack and make a ¼ turn right weight ends Step R forward, Touch L together	nd R 00)	
1&2& 3&4& 5&6 7&8 S3] Walk F 1&2& 3& 4&	Kick R forw R Knee rol Rock/step Make a ¼ f Fwd RLRL, 1/4R Step R forw Bounce twi Twist both Step R to s	vard, Step R next to L, I in-out (3&), L knee ro R forward, Recover we turn left stepping L bel Bounce-Bounce, Twis ward, Step L forward, S ice with both feet while heels to right, Twist ba side, Step L next to R,	Kick L forward, Step L next to R (feet should in-out (4&) eight on L, Step R back sweeping L arour hind R, Step R to side, Step L forward (3: st-1/4R, Rumba Box w/ Touch Step R forward, Step L forward e making a ¼ turn right (3&) ack and make a ¼ turn right weight ends	nd R 00)	
1&2& 3&4& 5&6 7&8 7&8 S3] Walk F 1&2& 3& 4& 5&6& 7&8&	Kick R forw R Knee rol Rock/step Make a ¼ f wd RLRL, 1/4R Step R forw Bounce twi Twist both Step R to s Step L to s	vard, Step R next to L, I in-out (3&), L knee ro R forward, Recover we turn left stepping L bel Bounce-Bounce, Twis ward, Step L forward, S ice with both feet while heels to right, Twist ba side, Step L next to R, ide, Step R next to L,	Kick L forward, Step L next to R (feet should in-out (4&) eight on L, Step R back sweeping L arour hind R, Step R to side, Step L forward (3: st-1/4R, Rumba Box w/ Touch Step R forward, Step L forward e making a ¼ turn right (3&) ack and make a ¼ turn right weight ends Step R forward, Touch L together	nd R 00)	
1&2& 3&4& 5&6 7&8 S3] Walk F 1&2& 3& 4& 5&6& 7&8& S4] R Side	Kick R forw R Knee rol Rock/step Make a ¼ f Fwd RLRL, 1/4R Step R forw Bounce twi Twist both Step R to s Step L to s	vard, Step R next to L, I in-out (3&), L knee ro R forward, Recover we turn left stepping L bel Bounce-Bounce, Twis ward, Step L forward, S ice with both feet while heels to right, Twist ba side, Step L next to R, ide, Step R next to L,	Kick L forward, Step L next to R (feet should in-out (4&) eight on L, Step R back sweeping L arour hind R, Step R to side, Step L forward (3: st-1/4R, Rumba Box w/ Touch Step R forward, Step L forward e making a ¼ turn right (3&) ack and make a ¼ turn right weight ends Step R forward, Touch L together Step L back, Touch R together (9:00)	nd R 00) on L	
1&2& 3&4& 5&6 7&8 S3] Walk F 1&2& 3& 4& 5&6& 7&8& S4] R Side 1& 2&	Kick R forw R Knee rol Rock/step Make a ¼ f wd RLRL, 1/4R Step R forw Bounce twi Twist both Step R to s Step L to s Step L to s Make a ¼ f Make a ¼ f	vard, Step R next to L, I in-out (3&), L knee ro R forward, Recover we turn left stepping L bel Bounce-Bounce, Twis ward, Step L forward, S ice with both feet while heels to right, Twist ba side, Step L next to R, ide, Step R next to L, veep, Box Step, Lock S turn right stepping R for	Kick L forward, Step L next to R (feet should in-out (4&) eight on L, Step R back sweeping L arour hind R, Step R to side, Step L forward (3: st-1/4R, Rumba Box w/ Touch Step R forward, Step L forward e making a ¼ turn right (3&) ack and make a ¼ turn right weight ends Step R forward, Touch L together Step L back, Touch R together (9:00) Step, R Toe Strut, 1/2L L Toe Strut prward, Make a ½ turn right stepping L back vard on R and sweeping L around R (2&)	nd R 00) on L ack	
1&2& 3&4& 5&6 7&8 S3] Walk F 1&2& 3& 4& 5&6& 7&8& S4] R Side 1& 2& 3&4&	Kick R forw R Knee rol Rock/step Make a ¼ f Fwd RLRL, 1/4R Step R forw Bounce twi Twist both Step R to s Step L to s Roll-Fwd w/ Sw Make a ¼ f Make a ¼ f	vard, Step R next to L, I in-out (3&), L knee ro R forward, Recover we turn left stepping L bel Bounce-Bounce, Twis ward, Step L forward, S ice with both feet while heels to right, Twist ba side, Step L next to R, ide, Step R next to L, veep, Box Step, Lock S turn right stepping R for turn right stepping forv for R, Step R back, Ste	Kick L forward, Step L next to R (feet should in-out (4&) eight on L, Step R back sweeping L arour hind R, Step R to side, Step L forward (3: st-1/4R, Rumba Box w/ Touch Step R forward, Step L forward e making a ¼ turn right (3&) ack and make a ¼ turn right weight ends Step R forward, Touch L together Step L back, Touch R together (9:00) Step, R Toe Strut, 1/2L L Toe Strut orward, Make a ½ turn right stepping L ba vard on R and sweeping L around R (2&) ep L to side, Step R forward	nd R 00) on L ack	
1&2& 3&4& 5&6 7&8 S3] Walk F 1&2& 3& 4& 5&6& 7&8& S4] R Side 1& 2& 3&4& 5&6	Kick R forw R Knee rol Rock/step Make a ¼ f Fwd RLRL, 1/4R Step R forw Bounce twi Twist both Step R to s Step L to s Step L to s Make a ¼ f Make a ¼ f Cross L ov Step L forw	vard, Step R next to L, I in-out (3&), L knee ro R forward, Recover we turn left stepping L bel Bounce-Bounce, Twis ward, Step L forward, S ice with both feet while heels to right, Twist ba side, Step L next to R, ide, Step R next to L, weep, Box Step, Lock S turn right stepping R for turn right stepping for er R, Step R back, Step ward, Lock/step R behi	Kick L forward, Step L next to R (feet should in-out (4&) eight on L, Step R back sweeping L arour hind R, Step R to side, Step L forward (3: st-1/4R, Rumba Box w/ Touch Step R forward, Step L forward e making a ¼ turn right (3&) ack and make a ¼ turn right weight ends Step R forward, Touch L together Step L back, Touch R together (9:00) Step, R Toe Strut, 1/2L L Toe Strut forward, Make a ½ turn right stepping L back vard on R and sweeping L around R (2&) ep L to side, Step R forward nd L, Step L forward	nd R 00) on L ack	
1&2& 3&4& 5&6 7&8 S3] Walk F 1&2& 3& 4& 5&6& 7&8& 7&8& S4] R Side 1& 2& 3&4&	Kick R forw R Knee rol Rock/step Make a ¼ f Wod RLRL, 1/4R Step R forw Bounce twi Twist both Step R to s Step L to s Roll-Fwd w/ Sw Make a ¼ f Cross L ov Step L forw Step R forw	vard, Step R next to L, I in-out (3&), L knee ro R forward, Recover we turn left stepping L bel Bounce-Bounce, Twis ward, Step L forward, S ice with both feet while heels to right, Twist baside, Step L next to R, ide, Step R next to R, ide, Step R next to L, veep, Box Step, Lock S turn right stepping R for turn right stepping R for ver R, Step R back, Step vard, Lock/step R behi ward with R toe, Drop	Kick L forward, Step L next to R (feet should in-out (4&) eight on L, Step R back sweeping L arour hind R, Step R to side, Step L forward (3: st-1/4R, Rumba Box w/ Touch Step R forward, Step L forward e making a ¼ turn right (3&) ack and make a ¼ turn right weight ends Step R forward, Touch L together Step L back, Touch R together (9:00) Step, R Toe Strut, 1/2L L Toe Strut forward, Make a ½ turn right stepping L back vard on R and sweeping L around R (2&) ep L to side, Step R forward nd L, Step L forward	nd R 00) on L ack	

Repeat - No Tags or Restarts

Please feel free to contact me if you need any further information. (hirokoclinedancing@gmail.com) (updated: 20/Jan/19)