Count: 32
Wall: 4
Level: Easy Intermediate
Choreographer: Scott Blevins (USA) \& Jo Thompson Szymanski (USA) - January 2015
Music: I woke up - One T : (Album: The One-T's ABC)

## \#24 count intro to start with lyrics

With 3 Restarts occurring after count 16\& on rotations 3, 6 and 8
Sequence: Front wall, Side wall, Back wall dance 16\& counts and Restart facing the original 12 O'clock wall. Front wall, Side wall, Back wall dance 16\& counts and restart facing the original 12 O'clock wall.
Front wall, Side wall dance $16 \&$ counts and restart facing the original 9 O'clock wall. Dance full 32 to ending.
[1-8] SIDE, BEHIND, SIDE, PLACE, KNEE POP, CROSS, SIDE, $1 ⁄ 2$ TURN SAILOR WITH CROSS
1-2\&3 1) Step $R$ to right; 2) Step $L$ behind $R$; \&) Step $R$ to right; 3) Place $L$ fwd toward left diagonal
\&4 \&) Pop both knees fwd toward left diagonal; 4) Return knees to neutral position
5-6 5) Transfer weight to $L$ as you step $R$ across $L$; 6) Step $L$ to left
7\&8 7) Step $R$ behind $L$; \&) Turning $1 / 4$ right, step ball of $L$ back; 8) Turning $1 / 4$ right, step $R$ across L [6:00]
[9-16] $1 / 4$ RIGHT, $1 / 4$ RIGHT, CROSS TRIPLE, ROCK, RECOVER, CROSS, SIDE, BEHIND, $1 / 4$ LEFT, $1 / 4$ LEFT
1-2 1) Turning $1 / 4$ right, step $L$ back; 2) Turning $1 / 4$ right, step $R$ to right [12:00]
3\&4 Cross triple - 3) Step $L$ across $R$; \&) Step $R$ to right; 4) Step $L$ across $R$
5\&6\&7 5) Rock $R$ to right; \&) Recover to L; 6) Step $R$ across $L$; \&) Step $L$ to left; 7) Step $R$ behind $L$
8 8) Turning $1 / 4$ left, step $L$ fwd [9:00]
\& \&) Turn $1 / 4$ left on $L[6: 00]$
Note: This $1 / 4$ turn is meant to be done just before you step R to right side on count 17 or just before you step R to right side on count 1 during the Restarts.
[17-24] HIP CIRCLE, BUMP, HIP CIRCLE, BUMP, 3/4 WALK AROUND R-L-R-L TO RIGHT

| 1 | 1) Step $R$ to right circling hips anti-clockwise from back to front |
| :--- | :--- |
| 2 | 2) Touch $L$ fwd toward left diagonal and bump to left |
| 3 | 3) Circle hips clockwise from front to back taking weight on $L$ as you finish the circle |
| 4 | 4) Touch $R$ fwd toward right diagonal and bump to right |
| $5-6$ | 5) Turning $1 / 8$ right, step $R$ fwd at a diagonal toward 7:00; 6) Turning $1 / 8$ right, step $L$ fwd |
| $7-8$ | toward $9: 00$ |

[25-32] KICK, OUT, OUT, BALL, CROSS, FULL TURN, SIDE ROCK, $1 / 4$ RECOVER, STEP, $3 / 4$ PIVOT
1\&2\&3 1) Kick $R$ fwd; \&) Step $R$ to right; 2) Step $L$ to left; \&) Step ball of $R$ to center/slightly back; 3) Cross $L$ over $R$
4 4) Unwind a full turn right on the spot, taking weight on $L$
5-6 5) Rock R to right pushing hips to right; 6) Turning $1 / 4$ left, step $L$ fwd [12:00]
7-8 7) Step R forward; 8) Turn $3 / 4$ left taking weight on $L$ [3:00]
Ending: When you complete the last rotation you will be facing the original 6 O'clock wall and your weight will be on your $L$ foot.
There is one more beat of music: \&) Turn $1 / 2$ left on $L ; 1$ ) Step $R$ to right to face original 12 O'clock wall.

## Enjoy!

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