

# Wake Up

**COPPER** KNOB  
STEPSHEETS

拍数: 132      墙数: 2      级数: Advanced  
编舞者: Lyn Hubble & Jenny Molesworth  
音乐: Don't Wake Me Up - The Sweethearts Of The Rodeo



- 1-4      Step forward on right heel, place right toe down, repeat as left heel/toe strut  
5-8      Hop/rock forward on right, hop/rock back on left, hop/rock back on right, forward on left
- 1-4      Cross right over left, hold, step back on left, hold  
5-8      Travel at angle step back on right, cross left over right, back on right, cross left over right
- &1-2      Hop back on right as you place left heel forward, hold  
&3-4      Hop to center on left as you tap right toe next to left, hold (slow ball jack)  
&5&6      Repeat ball jack (but without the holds)  
7-8      Clap hands twice
- &1-2      Hop back on right as you place left heel forward, step to left on left  
3-6      Cross right over left, step left on left, right behind left, left to left  
7-8      Cross right over left, step left to left
- 1-4      Turn ¼ left as you step forward on right, hold, rock to left on left, hold  
5-8      Turn ¼ left as you step forward on right, hold, drag left next to right, hold (weight on right)
- 1-4      Step forward on left, hold, tap right next to left, hold  
&5&6      Hop back on right as you tap left heel forward, hop forward on left & hook right up behind left  
&7&8      Repeat &5&6
- 1-4      Touch right toe to right, hold, turn ½ right stepping on right, hold (Monterey)  
5-8      Step left on left, step right to right, step forward on left, hold
- 1-2      Bending down through knees step forward on right, hold  
3-4      Straightening up step forward on left, hold  
5-8      Repeat step right forward, hold, left forward, hold (down then up)
- 1-4      Drop right shoulder to right, straighten up & drop left shoulder to left  
**This completes the first half of the dance and you will notice that the rhythm throughout most of this first half is slow, slow, Quick, Quick, Quick, Quick**
- 1-4      Step right to right, left behind right, right on right, left over right (vine/vine)  
5-8      Repeat vine/vine (which makes an extended vine in all)
- 1-2      Step right to right, traveling back at 45 degrees to left step on left  
3-4      Still going back to left step right behind left, step back on left to left  
5-6      Now traveling back at right 45 step back on right, step left behind right  
7-8      Step back on right at 45 degrees right, step straight back on left
- &1-2      Scoot back on left hitching right knee, step back on right  
&3-4      Scoot back on right hitching left knee, step back on left  
&5-6      Scoot back on left hitching right knee, step back on right  
&7-8      Scoot back on right hitching left knee, step back on left  
**Scoot steps can be done as step back, hold x 4 times**

1-4 Touch right toe forward, pivot  $\frac{1}{2}$  right on right, repeat right  $\frac{1}{2}$  pivot turn

5-8 Repeat right  $\frac{1}{2}$  pivot turn twice more

**Four pivot turns can be done as two  $\frac{1}{2}$  turns with holds. I.e., touch, hold, turn, hold, touch, hold, turn, hold (or just hold for 8 counts)**

1-4 Step forward on right spreading palms of both hands out and down for 4 counts

5-8 Shimmying shoulders turn  $\frac{1}{2}$  to left transferring weight to left for 4 counts

1-4 Step back on right, drag left back past right, step back left, drag right back past left

5-8 Repeat back on right, drag left, step back on left, hold

1-4 Turning  $\frac{1}{2}$  to left on left swing & point both hands forward (for 4 counts)

5-8 Turning  $\frac{1}{2}$  right again weight on left & point both hands forward (for 4 counts)

1-4 Touch right toe forward, hold, step back on right, hold

5-8 Touch left toe back, hold, step forward on left, hold

## **REPEAT**

**The rhythm for most of the second half is different to first half in that it is mainly 8 quick moves each set.**

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