

# Wake Up

**COPPER** KNOB  
STEPSHEETS

拍數: 64      牆數: 2      級數: Intermediate  
編舞者: Adam Åstmar (SWE) - October 2015  
音樂: 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!**

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