Count: 32 Wall: 4 Level: Easy Intermediate
Choreographer: Scott Blevins and Jo Thompson Szymanski (Jan 2015)
Music: I Woke Up by 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, ½ TURN SAILOR WITH CROSS

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
$7 \& 8$
2) 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, ¼ 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
3) 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 $\mathbf{R}$ 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
4) Step $R$ to right circling hips anti-clockwise from back to front
5) Touch $L$ fwd toward left diagonal and bump to left
6) 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) Turning $1 / 8$ right, step $R$ fwd at a diagonal toward $7: 00$; 6) Turning $1 / 8$ right, step $L$ fwd toward 9:00
7) Turning $1 / 4$ right, step R fwd toward $12: 00 ; 8$ ) Turning $1 / 4$ right, step $L$ fwd toward 3:00
[25-32] KICK, OUT, OUT, BALL, CROSS, FULL TURN, SIDE ROCK, ¼ 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 <br> 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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