

Count:	32 W	<b>/all:</b> 4	Level: Easy Intermediate
Choreographer:	Scott Blev	rins 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

- 1-2&3 1) Step R to right; 2) Step L behind R; &) Step R to right; 3) Place L fwd toward left diagonal
- &4 & Dep 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 ¼ right, step ball of L back; 8) Turning ¼ right, step R across L [6:00]

## [9-16] <sup>1</sup>/<sub>4</sub> RIGHT, <sup>1</sup>/<sub>4</sub> RIGHT, CROSS TRIPLE, ROCK, RECOVER, CROSS, SIDE, BEHIND, <sup>1</sup>/<sub>4</sub> LEFT, <sup>1</sup>/<sub>4</sub> LEFT

- 1-2 1) Turning ¼ right, step L back; 2) Turning ¼ 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 ¼ left, step L fwd [9:00]

& &) Turn ¼ left on L [6:00]

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Note: This <sup>1</sup>/<sub>4</sub> 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, <sup>3</sup>/<sub>4</sub> WALK AROUND R-L-R-L TO RIGHT

- 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 toward 9:00
- 7-8
  7) Turning ¼ right, step R fwd toward 12:00; 8) Turning ¼ right, step L fwd toward 3:00

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- 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 ¼ left, step L fwd [12:00]
- 7-8 7) Step R forward; 8) Turn <sup>3</sup>/<sub>4</sub> 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  $\frac{1}{2}$  left on L; 1) Step R to right to face original 12 O'clock wall.

Enjoy!

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