Count: 32 Wall: $4 \quad$ 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
1-2\&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
$1-2 \quad 1)$ 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 toward 9:00
7-8 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, $1 / 4$ 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 Lfoot.
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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