

WAKE UP DANCIN'

Released: January 2016

Choreographers: Fred & Linda Ayres

Music: "Wake Up Dancin'" Artist: Gordon Mote, Album: "Don't Let Me Miss the Glory" available for download on Amazon

Time: 3:55 Recommend speed: as downloaded

Footwork: Opposite unless noted (Woman's footwork in parentheses)

Rhythm/Phase: Slow Two Step Phase IV+2+1 {Triple Traveler, Riff Turn} {The Square}

Difficulty: Average

Sequence: INTRO- A- B- C- Interlude- A- B- C- C- END

Intro

- 1-8** **WAIT (BFLY/WALL, ld feet free);; LUNGE APT W/ARM SWEEP; REC & SHAPE (CP); BAS;; U/A TRN; REV U/A TRN (BFLY);**
- 1-2 Slight V shape/wall, ld ft free, ld hnds palm to palm trl hnds jnd down at sd, wait 2 meas;;
- 3-4 Lunge apt L (R), sweeping arm CCW (CW) -, -, -; Rec R (L) to CP/Wall, shaping -, -, -;
- 5-6 {**Bas**} Sd L, -, XRIB (XLIB), rec L; Sd R, -, XLIB (XRIB), rec R;
- 7 {**U/A Trn**} Sd L, -, XRIB, rec L, (sd R trng RF under ld hnds, -, XLIF cont trn fc ptr, rec R);
- 8 {**Rev U/A Trn**} Sd R, -, XLIF, rec R (sd L trng LF under ld hnds, XRIF cont trn fc ptr, rec L) to BFLY/WALL;

Part A

- 1-4** **LUNGE BAS (2X);; RT TRN OUTSIDE ROLL; BAS END (BFLY);**
- 1-2 {**Lunge Bas**} Lunge sd L, -, rec R, XLIF (XRIF); Lunge sd R, -, rec L, XRIF (XLIF);
- 3 {**Rt. Trn Outside Roll**} XIF of W sd & bk L stay fc RLOD, -, sd & bk R almost XIB Trng RF to fc COH ld W under jnd ld arms, XLIF fc COH (Fwd R LOD comm RF Twrl under ld arms, -, cont Twrl L, fwd R fc WALL);
- 4 {**Bas End**} Sd R, -, XLIB (XRIB), rec R to BFLY/COH;
- 5-8** **LUNGE BAS (2X);; RT TRN OUTSIDE ROLL; BAS END (1/2 OP/LOD);**
- 5-6 Repeat Part A meas 1-2 facing Opposite direction
- 7-8 Repeat Part A meas 3-4 facing Opposite direction, ending ½ OP
- 9-12** **MAN SWITCH; OPEN BAS (1/2 OP/RLOD); To Rev, MAN SWITCH; OPEN BAS (BFLY);**
- 9 {**Man Switch**} Fwd L DLW changing sides & sharply trng RF scooping ptr up w/L arm, -, fwd & sd R, fwd L (fwd R, -, fwd & sd L, fwd R) to end in V-shape L ½ OP FCG LOD;
- 10 {**Open Bas**} Trng LF (RF) sd & bk R scooping ptr up w/R arm, -, XLIB (XRIB), rec R to end in V-shape ½ OP RLOD;
- 11 {**Man Switch**} Fwd L DRC changing sides & sharply trng RF scooping ptr up w/L arm, -, fwd & sd R, fwd L (fwd R, -, fwd & sd L, fwd R) to end in V-shape L ½ OP FCG RLOD;
- 12 {**Open Bas**} Trng LF (RF) sd & bk R scooping ptr up w/R arm, -, XLIB (XRIB), rec R trng RF (LF) end in BFLY/WALL;
- 13-16** **U/A TRN; LADY LARIAT 6 (MAN FC LOD);; BAS END (LOW BFLY);**
- 13 {**U/A Trn**} Sd L, -, XRIB of L, rec L (sd R trng RF under ld hnds, -, XLIF cont trng RF, rec fwd R to M's rt sd);
- 14-15 {**Lady Lariat**} In plc R, -, L, R lifting ld hnds ovr head (fwd L, -, fwd R, fwd L, arnd bk of M); Trn ¼ LF to fc LOD L, -, in plc R, L ld W to FC (cont arnd M fwd R, -, fwd L, fwd R to fc ptr & RLOD);
- 16 {**Bas End**} Sd R, -, XLIB (XRIB), rec R to LOW BFLY/LOD;

Part B

- 1-4** **TRAVELING X CHASSES (4X) TO ½ OP;;;;**
- 1 {**Trav X Chasse**} Low Bfly fwd L blending to R shldr ld, -, sd & fwd R DLW, XLIF (bk R blend to L shldr ld, -, bk & sd L DLW, XRIF);
- 2 Sd & fwd R blending to a L shldr ld, -, sd & fwd L DLC, XRIF; (sd & bk L blend to R shldr ld, -, bk & sd R DLC, XLIF);
- 3 Repeat meas 1; Repeat meas 2 with W trng RF to end in ½ OP/LOD;
- 5-8** **SWITCHES;; LUNGE SD & ROLL 2; BAS END;;**
- 5-6 {**Switches**} Fwd L DLW changing sides & sharply trng RF scooping ptr up w/L arm, -, fwd & sd R, fwd L (fwd R, -, fwd & sd L, fwd R) to end in V-shape L ½ OP FCG LOD; Fwd R, -, fwd & sd L, fwd R (fwd L DLW changing sides & sharply trng RF to ½ OP FCG LOD, -, fwd & sd R, fwd L) blending to BFLY/WALL;
- 7 {**Lunge Sd & Roll 2**} Lunge sd L, -, rec R comm RF (LF) trn, fwd L cont RF (LF) trn to BFLY/WALL;
- 8 {**Bas End**} Sd R, -, XLIB (XRIB), rec R trng LF (LF) to PU/LOD;

Part C

- 1-4** **TRIPL TRAV;;;;**
- 1 {**Tripl Trav**} Fwd L trng slight LF DC, -, sd & fwd R, fwd L (bk R trng LF, -, sd L trng LF under ld hands, cont LF trn bk R fc WALL);
- 2 Fwd R spiral LF under jnd ld hands, -, fwd L, fwd R (trn fc LOD fwd L, -, fwd R, fwd L) to LOP/LOD bringing hnds to shldr level;
- 3 Fwd L bringing jnd hands down & bk, -, fwd R bringing hnds up & around lding W to roll RF, fwd L (fwd R comm RF turn, -, sd bk L trng RF under jnd hands, cont RF trn fwd R) trng to BFLY/COH;
- 4 Sd R, -, XLIB (XRIB), rec R;
- 5-8** **TWST BAS (2X);; OPEN BAS (2X);;**
- 5-6 {**Twst Bas 2X**} Sd L, -, XRIB (XLIF), rec L; Sd R, -, XLIB (XRIF), rec R;
- 7-8 {**Open Bas 2X**} Sd L, -, XRIB (XLIB) to L ½ OP LOD, rec L to BFLY/COH; Sd R, -, XLIB (XRIB) to ½ OP RLOD, rec R to PU/RLOD;
- 9-12** **TRIPL TRAV;;;;**
- 9-12 Repeat part C meas 1-4 in Opposite direction
- 13-16** **TWST BAS (2X);; OPEN BAS (2X);;**
- 13-16 Repeat part C meas 5-8 in Opposite direction. End in ½ OP/LOD.

Interlude

- 1-4** **THE SQUARE;;;;**
- 1-2 {**The Square**} With switch action M XIF of W sd L twd Wall, -, trng RF sd R twd COH L ½ OP, XLIFR (W fwd R, -, sd L twd COH, XRIFL); Fwd R, -, sd L twd RLOD, XRIFL (With switch action XIF of M sd L twd LOD -, trng RF step sd R twd RLOD in ½ OP, XLIFR); With switch action M XIF of W sd L twd COH, -, trng RF sd R twd Wall in L ½ OP,
- 3-4 XLIFR (W fwd R, -, sd L twd Wall, XRIFL); Fwd R, -, sd L twd LOD, XRIFL (With switch action XIF of M sd L twd RLOD, -, trn RF sd R twd LOD in ½ LOP, XLIFR) trng RF (LF) to BFLY/WALL;

Repeat Part A**Repeat Part B****Repeat Part C** End meas 16 with PU/LOD.**Repeat Part C****End**

- 1-4** **THE SQUARE;;;;**

- 1-4 Repeat Interlude meas 1-4 ending in CP/WALL
- 5-8** **BAS;; 2 SLOW RIFF TRNS;;**
- 5-6 Repeat Intro meas 5-6
- 7 {**Riff Trn**} Sd L, -, cl R, - (Sd R, pivoting RF under ld hnds full trn to fc ptr, -, cl L, -);
- 8 {**Riff Trn**} Sd L, -, cl R, - (Sd R, pivoting RF under ld hnds full trn to fc ptr, -, cl L, -);
- 9-10** **SD TO PROM SWAY; CHG SWAY;**
- 9 {**Prom Sway**} Sd & fwd L trng to SCP stretching body up looking over jnd ld hnds, -, -, -;
- 10 {**Chg Sway**} Rotate body LF with L sd stretch & lowering slightly, -, -, -; (rotate LF with R sd stretch head trnd well to the L, -, -, -;)

*In loving memory of Bill Buck,
as he joins his beloved wife, Martha,
dancing on the streets of gold.*

