

All Shook Up

Count: 0

Wand: 1

Ebene: Improver

Choreograf/in: Ellie Bernard (USA)

Musik: All Shook Up - Billy Joel



Sequence: AABBA

INTRO:

- 1-8 Basic step right foot to right side, step left foot together, step right foot to right side, touch left foot beside right, step left foot to left side, step right foot together, step left foot to left side, touch right foot beside left
- 9-16 Repeat steps 1-8

PART A

FORWARD RIGHT, LEFT, RIGHT, HOLD, FORWARD LEFT, RIGHT, LEFT, HOLD

- 1-8 Step right foot forward, step left foot together, step right foot forward, hold, step left foot forward, step right foot together, step left foot forward, hold

BACK RIGHT, LEFT, RIGHT, HOLD, BACK LEFT, RIGHT, LEFT, HOLD

- 9-16 Step right foot back, step left foot together, step right foot back, hold, step left foot back, step right foot together, step left foot back, hold

ROCK, STEP, STEP, HOLD, ROCK STEP, STEP, HOLD

- 17-24 Rock on right foot to right side, recover on left, step right foot beside left, hold, rock on left foot to left side, recover on right, step left foot beside right, hold

STEP, BUMP HIPS, LEFT, RIGHT, LEFT

- 25-28 Step right foot diagonal, hold, thrust right hip forward, hold
- 29-32 Bump hips left, right, left, hold

COASTER STEP FORWARD, COASTER STEP BACK

- 33-36 Step right foot forward, left together, step right foot back, hold
- 37-40 Step left foot back, step right foot together, step left foot forward, hold

BOX STEP BACK, BOX STEP FRONT

- 41-44 Step right foot to right side, left foot together, step right foot back, hold
- 45-48 Step left foot to left side, right foot together, step left foot forward, hold

PART B

TOE DOWN, TOE DOWN, TOE DOWN, TOE DOWN

- 1-8 Step right toe diagonally left, drop heel, step left toe beside right foot, drop heel, step right toe diagonally left, drop heel, step left toe beside right foot, drop heel

BOX STEP BACK, BOX STEP FRONT

- 9-16 Step right foot to right side, step left together, step right foot back, hold, step left foot to left side, step right together, step left foot forward, hold

TOE DOWN, TOE DOWN, TOE DOWN, TOE DOWN

- 17-24 Step right toe diagonally right, drop heel, step left toe beside right foot, drop heel, step right toe diagonally right, drop heel, step left toe beside right foot drop heel

BOX STEP BACK, BOX STEP FRONT

25-32 Step right foot to right side, step left together, step right foot back, hold, step left foot to left side, step right together, step left foot forward, hold

STEP TOGETHER, TURN, HITCH, STEP TOGETHER, STEP, TOUCH

33-40 Step right foot to right side, step left beside right, turn ½ turn right, step right, hitch left knee, step left foot to left side, step right foot beside left, step left to left side, touch right

STEP TOGETHER, TURN, HITCH, STEP TOGETHER, STEP, TOUCH

41-48 Step right foot to right side, step left beside right, turn ½ turn right, step right, hitch left knee, step left foot to left side, step right foot beside left, step left to left side, touch right

SCISSORS RIGHT, HOLD, SCISSORS LEFT, HOLD

49-52 Step right foot to right side, step left foot together, cross right over left, hold

53-56 Step left foot to left side, step right foot together, cross left over right, hold

STEP, BUMP HIPS, LEFT, RIGHT, LEFT

57-60 Step right foot diagonal, hold, thrust right hip forward, hold

61-64 Bump hips left, right, left, hold

COASTER STEP FORWARD, COASTER STEP BACK

65-68 Step right foot forward, left together, step right foot back, hold

69-72 Step left foot back, step right foot together, step left foot forward, hold

BOX STEP BACK, BOX STEP FRONT

73-76 Step right foot to right side, left foot together, step right foot back, hold

77-80 Step left foot to left side, right foot together, step left foot forward, hold
