

# All Wound Up!

Count: 32

Wand: 4

Ebene: Improver

Choreograf/in: Todd Lescarbeau (USA)

Musik: Fifty-Fifty - Keith Stegall



## ROCK-STEP, STEP, KICK, COASTER-STEP, STEP, KICK

- &1-2-3      Rock back on right, step forward on left, step forward on right, kick left forward  
4&5          Step back on left, step back on right, step forward on left  
6-7          Step forward on right, kick left forward

## MODIFIED COASTER-STEP, RIGHT & LEFT SAILOR-STEPS, ¼ TURN RIGHT, KICK RIGHT

- 8&1          Step back on left, step back on right, step forward on left as you turn ¼ right  
2&3          Step back on right (slightly behind left), step left to side, step right beside left  
4&5          Step back on left (slightly behind right), step right to side, step left beside right  
6-8          Step back on right turning ¼ right, turn ½ right stepping forward on left, kick right forward

## STEP-SLIDE, HIP BUMPS LEFT & RIGHT, HIP ROLL

- 1-4          Drag left foot back for 2 beats and touch left beside right as you clap on the 4th beat  
**Wiggle shoulders as you drag left foot back**  
5-6          Bump hips left bending right knee inward, bump hips right  
7-8          Roll hips starting left and moving clock-wise 2 beats (weight should end on right leg)

## STEP LEFT BEHIND RIGHT, SIDE-ROCK-CROSS, STEP LEFT TO LEFT, ¼ TURN RIGHT, HEEL JACK

- 1              Step left foot behind right foot  
2&3          Rock to side on right, recover on left, cross step right over left. (this will feel like a mambo rock)  
4              Step left to side  
5-6          Step back on right turning ¼ right, turn ½ right stepping forward on left  
&7&8        Quickly step right foot in place, tap left heel forward, quickly step left in place, touch right foot beside left

Dancers may be tempted to execute a "sailor step" as opposed to the "behind side-rock". Depending on which song you choose to dance to and based on the tempo, you may find yourself falling into a sailor step. Be careful of the transition from dance end to beginning. The dance starts with a rock back on right, and ends with a "heel jack"

For the transition between the end and beginning. Keep the "heel jack tight" and body centered (no leaning back) the movement should be more in the hips

REPEAT