

Shook Up

Count: 32

Wall: 2

Level: Beginner

Choreographer: Michael Bottley (UK) & Helen Day (UK) - April 2018

Music: All Shook Up - Elvis Presley



Start after 16 counts, on the word 'Bless'

NO TAGS OR RESTARTS

Section 1: STEP HITCH, STEP HITCH, STOMP, STOMP, KICK, KICK

1-4 Step R forward, hitch L knee, step L forward, hitch R knee

5-8 Stomp R, L, kick, kick with R foot

Section 2: GRAPEVINE R WITH TOUCH, GRAPEVINE L ¼ TURN L WITH TOUCH

1-4 Step R to the R, cross step L behind R, step R to the R, touch L next to R.

5-8 Step L to the L, cross step R behind L, make ¼ turn L stepping forward with L touch R next to L

Section 3: R STEP SHIMMY, L STEP SHIMMY

1-4 Step R to side, drag L towards R touch, hold

4-8 Step L to side, drag R towards L touch, hold

Shimmy shoulders as you drag

Section 4: R STEP ¼ L PIVOT, R STOMP, ELVIS KNEES

1-4 Step R forward, ¼ pivot L, moving weight to L, stomp R, hold

5-6 Bend L knee in, hold,

7-8 Straighten L leg and bend R knee in, hold

REPEAT

Contact: helen.day9@btinternet.com (Step Up and Dance)
