

All Shook Up (一起搖擺) (zh)

COPPER KNOB
STEPPERS

Compte: 0

Mur: 1

Niveau: Advanced

Chorégraphe: Naomi Fleetwood-Pyle (USA)

Musique: All Shook Up - Billy Joel : (CD: Honeymoon In Vegas)



PART A:

第一段 SHUFFLE FORWARD LEFT AND RIGHT GRAPEVINE LEFT AND TOUCH

前交換步 (左-右), 左藤步、點步

- 1-4 Shuffle forward on left, right, left, Shuffle forward on right, left, right (左足) 前交換步, (左足) 前左交換步。
5-8 Step left foot to left, Step right foot to left behind left, Step left foot to left; touch right on 4th count 左藤步、點步 (4拍)

第二段 SHUFFLE BACKWARDS RIGHT AND LEFT GRAPEVINE RIGHT AND TOUCH

後交換步 (右-左), 右藤步、點步

- 1-4 Shuffle backwards on right, left, right, Shuffle backwards on left, right, left (右足) 退後交換步, (左足) 退後交換步。
5-8 Step right foot to right, Step left foot to right behind left, Step right foot to right; touch left on 4th count 右藤步、點步 (4拍)

第三段 WALK FORWARD LEFT, RIGHT, LEFT, KICK RIGHT:

WALK BACK RIGHT, LEFT, RIGHT, TOUCH LEFT:

前走步、右足踢。後走步、左足點

- 1-4 Walk forward on left, right, left, Kick right
前走3步 (左、右、左)、右足踢
5-8 Walk back on right, left, right, Touch left foot stomp,
後走3步 (右、左、右)、左足點

第四段 ROLL HIPS TWICE (ELVIS HIPS!) 貓王擺臀二次

- 1-2 Stomp left to left side; clap hands 左足左踏, 拍手
3-4 Hold for two beats 雙手拉弓狀
5-8 Roll hips twice in two complete circles
左足趾朝地, 扭臀2圈 (ELVIS HIPS)

PART B:

第一段 GRAPEVINE LEFT AND TOUCH, PIVOT ½ LEFT TWICE

左藤步點, 左轉1/2二次

- 1-4 Step left foot to left, Step right foot to left behind left, Step left foot to left; touch right foot
左足左踏, 右足於左足後踏, 左足左踏, 右足點
5-8 Step forward on right, Pivot ½ left moving weight to left foot, Step forward on right, Pivot ½ left moving weight to left foot
右足前踏, 左轉180度(重心在左足), 右足前踏, 左轉180度(重心在左足)

第二段 GRAPEVINE RIGHT AND TOUCH, PIVOT ½ RIGHT TWICE

右藤步點, 右轉1/2二次(換右足, 同第一段)

- 1-4 Step right foot to right, Step left foot to right behind right, Step right foot to right; touch left foot
右足右踏, 左足於右足後踏, 右足右踏, 左足點
5-8 Step forward on left, Pivot ½ right moving weight to right foot, Step forward on left, Pivot ½ right moving weight to right foot
左足前踏, 右轉180度(重心在右足), 左足前踏, 右轉180度(重心在右足)

REPEAT PARTS A AND B 重覆 A 和 B

PART C:

- 第一段** **STEP LEFT, RIGHT BEHIND, STEP LEFT, PIVOT ½ LEFT & HITCH RIGHT, WALK BACKWARDS RIGHT, LEFT, RIGHT, LEFT**
左踏, 右後, 左踏, 左轉1/2 右抬, 後走(右, 左, 右, 左)
- 1-4 Step forward on left; step right behind left; step forward on left; pivot ½ left on ball of left foot and hitch right at the same time
左華倫步 (3拍左轉 , 4拍在左轉 , 合計180度)
- 5-8 Walk backwards on right, left, right, left
退後4步 (右、左、右、左)

- 第二段** **ROLL KNEES LEFT, RIGHT, LEFT, RIGHT (LIKE IN LONG-LEGGED HANNAH)**
- 1-8 Roll knees left, right, left, right as you walk forward (as is done in Long Legged Hannah) 趾踵步 (左、右、左、右) 同時抖肩膀

Repeat part C 重覆 C

Begin over with A, then B, then C until end of music 重覆 A B C 音樂結束
