

# All Shook Up (一起搖擺) (zh)

COPPER KNOB  
STEPPERS

拍数: 0                      墙数: 1                      级数: Advanced  
编舞者: Naomi Fleetwood-Pyle (USA)  
音乐: 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**

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