

# All Shook Up

COPPERKNOB  
STEPSHEETS

拍数: 0                      墙数: 1                      级数: Improver  
编舞者: Ellie Bernard (USA)  
音乐: 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

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