

# All Jacked Up

拍數: 80      牆數: 0      級數: Phrased Intermediate  
編舞者: Lara Minatta (IT) - August 2016  
音樂: All Jacked Up - Gretchen Wilson



Seq: A A B TAG – A A B B TAG – A A B B

## Part A: 32 counts

### Section A1: □TOE STRUT LEFT, ROCK STEP RIGHT, CROSS TURN, STOMP RIGHT

1 – 2      Toe strut left cross over right  
3 – 4      Rock right side, recover to left  
5 – 6      Cross right back. 1 turn right  
7 – 8      Step left side, stomp right together

### Section A2: □SWIVET SIDE RIGHT, HEEL TOUCH

1 – 4      Lateral movement right opening toes, heels, toes, heels  
5 – 6      Heel touch left, together  
7 – 8      heel touch right, together

### Section A3: □ROCK STEP LEFT, ½ TURN, HOLD, SLAP, STEP TOGETHER

1 – 2      Rock left forward, recover weight right  
3 – 4      ½ turn left, left forward. Hold  
5 – 6      Step right forward. Flick left back, slap right hand  
7 – 8      Step left back, right together

### Section A4: □JUMP, CROSS ½ TURN LEFT, JUMP, CROSS ½ TURN RIGHT

1 – 2      Jump landing with feet apart. Jump cross right over left  
3 – 4      ½ turn left  
5 – 6      Jump landing with feet apart. Jump cross left over right  
7 – 8      ½ turn right

## PART B: 48 counts

### Section B1: □SHUFFLE RIGHT SIDE, ROCK STEP LEFT BACK, STEP TURN

1 & 2      Step right side, step left together, step right side  
3 – 4      Rock back left, recover weight right  
5 – 6      Step left forward ½ right turn  
7 – 8      Step left forward ½ right turn

### Section B2: □ROCK STEP LEFT FORWARD, STEP LEFT SIDE, STOMP, APPLE JACK

1 – 2      Rock step left forward, recover weight right  
3 – 4      Step left side. Stomp right  
5 – 6      Apple jack right side (right heel, left toe)  
7 – 8      Apple jack left side (right toe, left heel)

### Section B3: □TOE STRUT TURN ¼ – ½ – ½ , STEP RIGHT SIDE ¼ TURN, STOMP

1 – 2      Toe strut ¼ left turn  
3 – 4      Toe strut ½ left turn  
5 – 6      Toe strut ½ left turn  
7 – 8      Step right side ¼ left turn, stomp left together

### Section B4: □STEP DIAGONALLY, STOMP UP, SWIVEL, STOMP UP

1 – 2      Step right forward diagonally. Stomp up left  
3 – 4      Step left forward diagonally. Stomp up right

5 – 8 Swivel left side open toe, heel, toe. Stomp up right together

**Section B5: □HEEL TOUCH, SCUFF, SLAP, STEP RIGHT, STOMP UP LEFT, STEP LEFT, STOMP UP RIGHT**

1 & 2 & Heel touch right forward & step together. Heel touch left forward & step together

3 – 4 Scuff right bending and slap right hand

5 – 6 Step right forward. Stomp up left behind right

7 – 8 Step left back. Stomp up right together

**Section B6: □MONTEREY ½ TURN, TOE TOUCH RIGHT SIDE, ½ TURN RIGHT, STOMP LEFT**

1 – 2 Toe touch right side, turn ½ right and step right together

3 – 4 Touch left side, step left together

5 – 6 Toe touch right side, ½ turn right and step right together

7 – 8 Flick left back and stomp left together

**TAG**

**Section T1: □TOE STRUT TURN**

1 – 8 Toe strut (right, left, right, left) 1 fool turn to the right

**Section T2: □ROCK STEP SIDE RIGHT, HOLD , ROCK STEP SIDE LEFT, HOLD**

1 – 2 Step right side, recover weight left

3 – 4 Step right together

5 – 6 Step left side, recover weight right

7 – 8 Step left together

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