

All Jacked Up

COPPERKNOB
STEPSHEETS

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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