

All Shook Up

COPPER KNOB
STEPSHEETS

拍數: 64 牆數: 2 級數: Intermediate / Advanced
編舞者: Dustin Betts (USA) - February 2022
音樂: All Shook Up - Whissell



Intro – 16 counts from beginning of song

[1-8] STEP KICK, HOLD, STEP TOUCH, STEP KICK, R KNEE SWIVEL OUT-IN-OUT-IN

& 1 2 Step L to L side (slight jump) (&), Kick R across L (1), Hold (2), 12.00
& 3 Step R to R side (slight jump) (&), Touch L toe next to R (3), 12.00
& 4 Step L to L side (slight) (&), Kick R across L (4), 12.00
5 6 7 8 Press R to R side w/ knee bent out, keeping weight on L (5), Twist R knee in (6), Twist R
knee out (7), Twist R knee in parallel L (8). 12.00

[9-16] BALL SIDE ROCK, RECOVER, CROSSING SHUFFLE, ¼, ½, ¼ SLIDE

& 1 2 Bring L next to R (&), Rock R to R side (1) Recover onto L (2), 12.00
3 & 4 Cross R over L (3), Step L to L side (&), Cross R over L (4), 12.00
5 6 Make ¼ turn left stepping L fwd (9.00) (5), Make ½ turn left stepping R back (6), 3.00
7 8 Make a ¼ turn sliding to left on L dragging R in (7-8). 12.00

[17-24] BALL CROSS, SIDE, BEHIND-SIDE-FWD, FWD ROCK, RECOVER, ½ SHUFFLE

& 1 2 Step ball of R under self (&), Cross L over R (1), Step R to R side (2), 12.00
3 & 4 Cross L behind R (3), Step R to R side (&), Step L fwd (4), 12.00
5 6 Rock R fwd (5), Recover onto L (6), 12.00
7 & 8 Make ½ turn right stepping R fwd (7), Bring L next to L (&), Step R fwd (8). 6.00

[25-32] ½ SPIRAL, KICK, "SIT", HOLD, ROCK, RECOVER, SHUFFLE FWD

1 2 Step L fwd making ½ turn right on L hooking R (1), Kick R fwd (2), 12.00
3 4 Step R back sitting into R hip slightly bending L knee (3), Hold (4), 12.00
5 6 Rock fwd onto L (5), Recover onto R (6), 12.00
7 & 8 Step L fwd (7), Bring R next to L (&), Step L fwd (8). 12.00

[33-40] KICK BALL STEP, HOLD, BALL STEP, 1/8 CROSS, BACK, BACK, ¼ BEHIND-SIDE-CROSS

1 & 2 Kick R forward (1), Step ball of R in place (&), Step L fwd (2), 12.00
3 & 4 Hold (3), Step ball of R next to L (&), Step L fwd (4), 12.00
5 & 6 Make 1/8 turn right crossing R over L (5) Step L back (&), Step R back (6), 1.30
7 & 8 Cross L behind R (7), Make 1/8 turn right stepping R to R side (&), Make 1/8 turn right
stepping L fwd (8). 4.30

[41-48] PRESS, RECOVER, BALL, ROCK, RECOVER, BODY ROLL BACK, BALL STEP, TOUCH

1 2 Press R fwd (1), Recover onto L (2), 4.30
& 3 4 Step ball of R next to L (&), Rock L fwd (3), Recover onto R (4), 4.30
5 6 Touch L toe back Body roll back taking weight onto L (5-6), 4.30
& 7 8 Step ball of R back (&), Step L back (7), Touch R next to L squaring up to 3.00 (8). 3.00

[49-56] ¼ MONTEREY, R POINT, SAILOR STEP X2

1 2 Point R to R side (1) Bring R next to L making ¼ turn right (2), 6.00
3 & 4 Touch L to L side (3), Bring L next to R (&) Touch R to R side (4), 6.00
5 & 6 Step R behind L (5), Step L to L side (&), Step R in place (6), 6.00
7 & 8 Step L behind R (7), Step R to R side (&), Step L in place (8). 6.00

[57-64] KICK, HOLD, HEEL JACK, HOLD, BALL CROSS, HOLD, UNWIND FULL TURN

1 2 Kick R to L diagonal (1), Hold (2), 6.00

& 3 4 Step R slightly back (&), Tap L heel (3), Hold (4), 6.00
& 5 6 Step ball of L next to R (&), Cross R over L (5), Hold (6), 6.00
7 8 Unwind full turn over L shoulder keeping weight on R (7-8) 6.00

Restart: Happens on wall 5, dance up to count 28, Rock fwd on to L (5), Recover onto R (6), Rock fwd on L (7), Recover onto R (8). L should be free to restart dance.

Enjoy!
