

All Shook Up

拍數: 48 牆數: 4 級數: Improver
編舞者: Randy Krul (USA) & Stephanie Krul (USA)
音樂: All Shook Up - Elvis Presley



With the specific music mentioned, at the 4th, 6th and 7th walls, the first 16 counts are dropped to fit the music for the EP song, and at the 4th and 6th walls, the first 16 counts are dropped to fit the music for the BJ version

VINE LEFT WITH 4 HEEL STEPS:

1-8 Vine left with four heel steps starting with right crossing over left, side left, right behind, side left

4 RIGHT KICK BALL CHANGE WHILE MOVING RIGHT:

9-16 Right kick ball change-four times while moving to the right

RIGHT AND LEFT TOES TO SIDE:

17-24 Touch right toe to side, step right together,
Touch left toe to side, step left together,
Touch right toe to side, step right together,
Touch left toe to side, step left together.

SAILOR STEPS:

25-32 Kick for right, side right, rock/step right behind left, step left in place, step side right.
Repeat with left, stomping on last step (count is 1, 2, 3 & 4, 5, 6, 7 & 8)

SWIVEL HEELS AND TOES MOVING RIGHT:

33-36 Moving right, swivel heels, toes, heels, toes

½ TURN RIGHT, ¼ TURN LEFT:

37-40 Step forward right, pivot ½ military turn, step forward right, pivot ¼ to left.

JUMP FEET APART AND PULL WITH HANDS:

41-44 Jump forward with feet apart-right, left-hold, extending arms forward, pull hands back to waist and grunt Unh!, Hold

HIP BUMPS:

The following wiggles are done to the words "All Shook Up"

45 Wiggle hips to the left (all)
46 Wiggle hips to the right (shook)
47 Wiggle hips to the left (up)
48 Hold

REPEAT
