

All Shook Up

COPPER KNOB
STEPPERS

拍數: 0 牆數: 1 級數: Advanced
編舞者: Naomi Fleetwood-Pyle (USA)
音樂: All Shook Up - Billy Joel



PART A:

SHUFFLE FORWARD LEFT AND RIGHT:

1&2 Shuffle forward on left, right, left
3&4 Shuffle forward on right, left, right

GRAPEVINE LEFT AND TOUCH:

5 Step left foot to left
6 Step right foot to left behind left
7-8 Step left foot to left; touch right on 4th count

SHUFFLE BACKWARDS RIGHT AND LEFT:

9&10 Shuffle backwards on right, left, right
11&12 Shuffle backwards on left, right, left

GRAPEVINE RIGHT AND TOUCH:

13 Step right foot to right
14 Step left foot to right behind left
15-16 Step right foot to right; touch left on 4th count

WALK FORWARD LEFT, RIGHT, LEFT, KICK RIGHT:

17-19 Walk forward on left, right, left
20 Kick right

WALK BACK RIGHT, LEFT, RIGHT, TOUCH LEFT:

21-23 Walk back on right, left, right
24 Touch left foot stomp, clap, hold
25-26 Stomp left to left side; clap hands
27-28 Hold for two beats

ROLL HIPS TWICE (ELVIS HIPSI!):

29-32 Roll hips twice in two complete circles

PART B:

GRAPEVINE LEFT AND TOUCH:

33 Step left foot to left
34 Step right foot to left behind left
35-36 Step left foot to left; touch right foot

PIVOT ½ LEFT TWICE:

37 Step forward on right,
38 Pivot ½ left moving weight to left foot
39 Step forward on right
40 Pivot ½ left moving weight to left foot

GRAPEVINE RIGHT AND TOUCH:

41 Step right foot to right
42 Step left foot to right behind left

43-44 Step right foot to right; touch left on 4th count

PIVOT ½ RIGHT TWICE:

45 Step forward on left
46 Pivot ½ right moving weight to right foot
47 Step forward on left
48 Pivot ½ right moving weight to right foot

49-96 REPEAT PARTS A AND B

PART C:

STEP LEFT, RIGHT BEHIND, STEP LEFT, PIVOT ½ LEFT & HITCH RIGHT:

97-100 Step forward on left; step right behind left; step forward on left; pivot ½ left on ball of left foot and hitch right at the same time

WALK BACKWARDS RIGHT, LEFT, RIGHT, LEFT:

101-104 Walk backwards on right, left, right, left

ROLL KNEES LEFT, RIGHT, LEFT, RIGHT (LIKE IN LONG-LEGGED HANNAH):

105-108 Roll knees left, right, left, right as you walk forward (as is done in Long Legged Hannah)

109-120 Repeat steps 97-108 (part "C")

Begin over with A, then B, then C until end of music.

There are three different dances with this same title, but this seems to be the more popular of the three across America.
