

# 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.**

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