

# All Tanked Up

**COPPERKNOB**  
STEPSHEETS

拍數: 128      牆數: 1      級數: Intermediate/Advanced  
編舞者: Rob Fowler (ES)  
音樂: All Jacked Up - Gretchen Wilson



## HEEL GRIND, MONTEREY TURN

- 1-2 Place right heel forward, with heel in place grind foot from left to right
- 3-4 Step back onto right, step left next to right
- 5-6 Touch right to right side, with weight on left make half turn to right, transferring weight to right
- 7-8 Touch left to left side, step left in place

## SWIVELS, LEFT GRAPEVINE WITH ¼ TURN

- 1-2 Swivel both heels right, back to center
- 3-4 Repeat
- 5-6 Step left to left, right behind left
- 7-8 Make ¼ turn left on left, brush right through

## STEP PIVOT, HOLD, HEELS TWICE

- 1-2 Step forward, hold
- 3-4 Make ½ turn left, hold
- 5-6 Step forward onto right heel, step forward onto left heel
- 7-8 Step back onto right, step left back next to right

## SIDE ROCKS TURN KICK

- 1-2 Rock right to right side, recover
- 3-4 Cross right over left, rock left to left side
- 5-6 Recover, cross left over right
- 7-8 Step right to right side, kick left diagonally to left

## WEAVE ½ TURN KICK, WEAVE KICK (TWICE)

- 1-2 Step left behind right, make ¼ turn right onto right
- 3-4 Make ¼ turn right on left, kick right diagonally right
- 5-6 Step left behind right, step left to left side
- 7-8 Cross right over left, kick left diagonally to left
- 9-16 Repeat 1-8

## STEP BACK KICK TWICE, COASTER STEP

- 1-2 Step left behind right, kick right diagonally to right
- 3-4 Step right behind left, kick left diagonally to left
- 5-6 Step back left, right next to left
- 7-8 Step forward left, brush right foot through

## STOMPS DIAGONALLY FORWARD RIGHT, THEN LEFT

- 1-4 Stomp right diagonally forward, tap right heel three times
- 5-8 Stomp left diagonally forward, tap left heel three times

## ROCK STEP, KICK, SCUFF, HITCH TOUCH (TWICE)

- 1-2 Rock back left, recover
- 3-4 Kick forward left step onto left
- 5-6 Scuff right foot, hitch right knee
- 7-8 Step back right, hold

9-16 Repeat 1-8

### **ROCK STEP, KICK, STEP, PIVOT**

1-4 Repeat 65-67  
5-6 Step forward, hold  
7-8 Pivot left, hold

### **SKATES RIGHT, LEFT, SKATES, RIGHT, LEFT TWICE**

1-2 Skate right, hold  
3-4 Skate left, hold  
5-6 Skate right, skate left  
7-8 Skate right skate left

### **RIGHT KICK AND LEFT WEAVE, LEFT KICK AND RIGHT WEAVE, DIAGONAL KICKS**

1-2 Kick right diagonally right step right diagonally behind  
3-4 Step left to left side, cross right in front of left  
5-6 Kick left diagonally left, step left diagonally behind right  
7-8 Step right to right side, step left forward

### **RIGHT ROCK, ½ TURN, STEP TURN STEP, HOLD**

1-2 Right rock forward, recover onto left  
3-4 Make ½ turn right onto right, hold  
5-6 Step forward left, make ½ turn right transferring weight to right,  
7-8 Step forward left, hold

### **FORWARD SHUFFLE, ½ TURN HITCH, BACK SHUFFLE AND TOUCH**

1-2 Step forward right, step left next to right  
3-4 Step forward right, make ½ turn right hitching left  
5-6 Step back on left, step right next to left  
7-8 Step back on left, touch right toe next to left

### **FORWARD SHUFFLE, ¼ TURN HITCH, ROCK, RECOVER, STEP**

1-2 Step forward right, step left next to right  
3-4 Step forward right, make ¼ turn right hitching right knee  
5-6 Rock left foot to left side, recover to right  
7-8 Bring left foot next to right, hold

### **REPEAT**

### **RESTART**

On 3rd wall, dance up to count 47. On count 48, instead of kicking left foot diagonally left, make a ¼ turn right to the "12:00 wall", stepping left foot next to right. Start dance again

### **TAG**

On wall 5 after count 40 facing 3:00

1-4 Cross left foot over right, make ¾ turn right over 3 counts weight onto left  
5-6 Cross right foot over left, hold (facing 12:00 wall),  
7-8 Step left to left side, hold  
9-10 Cross right foot over in front of left, hold  
11-12 Kick left foot diagonally left, hold  
  
13-36 Repeat above twice (ending facing 6:00 wall)  
  
37-38 Kick left diagonally left, cross left over right, unwind 1 ¼ to right (facing 3:00 wall)

39-40 Paddle step 8 counts - full turn (each one 1/8th) back to face 3:00 wall  
41-42 Rock left to side, rock to right,  
43-44 Left foot next to right, hold  
45-46 Rock right to right, rock to left  
47-48 Right foot next to left, hold

**Restart dance on count 65. Rock back when you hear chorus "all tanked up"**

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