

# Rack Em Up

拍數: 32      牆數: 4      級數: Improver  
編舞者: Mustang Sally (UK) - September 2007  
音樂: Rack Em Up - Magill : (Available as a FREE Download from their website)



**Choreographers Notes: Begin the dance after 8 Counts, just before vocals.  
Dance advances in Anti-clockwise direction.**

## RIGHT SHUFFLE, LEFT SHUFFLE, HEEL GRIND 1/4 RIGHT, STEP, HOOK

1&2      Step Right forward, Left beside Right, Step Right forward  
3&4      Step Left forward, Right beside Left, Step Left forward  
5,6      Grind right heel, turning ¼ turn to the right (on R heel & L ball of foot) (facing 3 o'clock)  
7,8      Step Right in place, hook Left in front of Right shin and back in place

## LEFT VINE, RIGHT SYNCOPATED VINE, CROSS, TOUCH

9-12      Step Left to side, Right behind Left, step Left to side, touch Right beside Left  
13,14      Step Right to side, Left behind Right  
&15,16      And Step Right to side, cross Left in front, touch Right to side

## KICK BALL CHANGE, STOMP, STOMP, SWIVET RIGHT, SWIVET LEFT

17&18      Kick Right forward, step Right in place, step Left beside Right  
19,20      Stomp Right then Left  
21,22      Twist to the right on Right heel and Left ball of foot, then back to the centre  
23,24      Twist to the left on Left heel and Right ball of foot, then back to the centre

## MONTEREY TURN, SAILOR STEPS (RIGHT & LEFT)

25,26      Touch Right to side, touch Right in place  
27,28      Left to side turning ½ to right, Left) in place (Facing 9 o'clock)  
29&30      Swing-step Right behind Left, step Left to left side, step Right in place.  
31&32      Swing-step Left behind Right, step Right to left side, step Left in place.

**Start again**

## TAG (8 counts)

**(Facing 12 o'clock start wall for the 2nd time ONLY)**

1&2      Step forward diagonally (R), shimmying shoulders up & down, & sway hips  
3&4      Step forward diagonally (L), shimmying shoulders & down, & sway hips  
5&6      Step back diagonally (R), shimmying shoulders & down, & sway hips  
7&8      Step back diagonally (L), shimmying shoulders & down, & sway hips

**DANCE WITH ATTITUDE AND HAVE LOADS OF FUN! Mustang Sally xxx**