All Shook Up

拍數: 48

級數: Beginner

編舞者: Chris Jackson (UK) - March 2012

音樂: All Shook Up - Elvis Presley : (Remastered Original Version)

WARNING! TWO VERY EASY RESTARTS ON WALLS 3 AND 5 EVERY TIME ELVIS SINGS: `SHE TOUCHED MY HAND AND WHAT A CHILL I GOT'

Dance starts with weight on the left after a 16-count intro and ends facing the front after the second lot of hip bumps right.

TOE STRUT, TOE STRUT, HIP BUMPS RIGHT

1-4 Touch right toe forward, bring right heel down, touch left toe forward, bring left heel down
5-8 Touch right to right side and bump hips right/left/right/left

TOE STRUT, TOE STRUT, HIP BUMPS RIGHT

- 9-12 Touch right toe forward, bring right heel down, touch left toe forward, bring left heel down
- 13-16 Touch right to right side and bump hips right/left/right/left

PIVOT QUARTER TURN, PIVOT QUARTER TURN, OUT RIGHT, OUT LEFT, HIP BUMPS OR SHAKE

- 17-20 Step forward right, push round a quarter turn to your left
- 21-24 Step forward right, push round a quarter turn to your left
- 25-28 Stomp right to right side and hold, stomp left to left side and hold
- 29-32 Bump hips right/left/right/left or shake body down

RESTARTS HERE ON WALLS 3 (facing front) AND 5 (facing 9 o'clock)

VINE RIGHT WITH A TOUCH, VINE LEFT WITH A TURN

33-36 Step right to right side, step left behind right, step right to right side, touch left next to right
37-40 Step left to left side, step right behind left, making a quarter turn to your left step left to left
side, touch right next to left

VINE RIGHT WITH A TOUCH, VINE LEFT WITH A TOUCH

41-44 Step right to right side, step left behind right, step right to right side, touch left next to right 45-48 Step left to left side, step right behind left, step left to left side, touch right next to left





牆數:4