



All Shook Up

80 count, 1 wall, Intermediate
Choreographer Naomi Fleetwood (USA)
Choreographed to All Shook Up by Billy Joel;
All Shock Up by Elvis

PART A

- Section 1 Left & Right Shuffle Forward, Grapevine Left, Touch Right**
1 & 2 Step Forward Left. Close Right Beside Left. Step Forward Left.
3 & 4 Step Forward Right. Close Left Beside Right. Step Forward Right.
5 – 6 Left Steps To Left Side. Cross Right Behind Left.
7 – 8 Left Steps To Left Side. Right Steps Beside Left.
- Section 2 Right & Left Shuffle Back, Grapevine Right, Touch Left**
9 & 10 Step right back. Close left beside right. Step right back
11 & 12 Step left back. Close right beside left. Step left back
13 – 14 Right steps to right side. Left steps behind right
15 -16 Right steps to right side. Left touches beside right
- Section 3 Stroll Forward & Kick, Stroll Back & Touch**
17 – 20 Stroll forward - left, right, left. Kick right forward
21 – 24 Stroll back - right, left, right. Touch left next to right
- Section 4 Step Left Extending Left Arm, 2 x Pelvic Rolls**
25 – 26 Step left to left side extending left arm to left. Clap hands
27 – 28 Extend left arm to left and bring right hand to stomach. Hold
29 – 30 Roll pelvis to right for two beats
31 – 32 Roll pelvis to right for two beats

PART B

- Section 5 Left Grapevine, 2 x Step Right 1/2 Pivot Turn Left**
33 – 34 Left steps to left side. Right steps behind left
35 – 36 Left steps to left side. Right touches next to left
37 – 38 Step right forward. Pivot 1/2 turn left
39 – 40 Step right forward. Pivot 1/2 turn left
- Section 6 Right Grapevine, 2 x Step Left 1/2 Pivot Turn Right**
41 – 42 Right steps to right side. Left steps behind right
43 – 44 Right steps to right side. Left touches beside right
45 – 46 Step left forward. Pivot 1/2 turn right
47 – 48 Step left forward. Pivot 1/2 turn right

PART C

- Section 7 Left Grapevine With Scuff 1/2 Turn Left, Stroll Back & Touch**
49 – 50 Left steps to left side. Right steps behind left
51 Left steps to left side
52 Scuff right beside left and pivot 1/2 turn left on left foot
53 – 54 Step back on right. Step back on left
55 – 56 Step back on right. Touch left beside right
- Section 8 4 x Toe Struts Forward**
57 – 58 Touch left toe forward. Drop left heel to floor taking weight
59 – 60 Touch right toe forward. Drop right heel to floor taking weight
61 – 64 Repeat steps 57 – 60

Section 9 Left Grapevine with Scuff 1/2 Turn Left, Stroll Back & Touch

65 – 72 Repeat steps 49 – 56

Section 10 4 x Toe Struts Forward

73 – 74 Touch left toe forward. Drop left heel to floor taking weight

75 – 76 Touch right toe forward. Drop right heel to floor taking weight

77 – 80 Repeat steps 73 - 76

Choreographers Notes:

This is a phased dance divided into three parts. Begin on the vocals and dance the following sequence:

A-B A-B-C A-B-C A-B-C

Quelle:

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