

All Shook Up



Choreographed by: Naomi Fleetwood-Pyle
Music: **All Shook Up** by **Billy Joel** (CD: Honeymoon In Vegas - 156 BPM)
Type: 1 wall, Phrased AB ABC ABC ABA (or easier version: AB ABC ABC ABC)
Level: Advanced

NOTES: Start dancing on lyrics

PART A:

1 – 8: SHUFFLE FORWARD LEFT AND RIGHT, GRAPEWINE LEFT AND TOUCH

1 & 2 Shuffle forward on left, right, left.
3 & 4 Shuffle forward on right, left, right.
5 – 8 Step left to left side, step right behind left, step left to left side, touch right beside left.

9 – 16: SHUFFLE BACKWARDS RIGHT AND LEFT, GRAPEWINE RIGHT AND TOUCH

1 & 2 Shuffle backwards on right, left, right.
3 & 4 Shuffle backwards on left, right, left.
5 – 8 Step right to right side, step left behind right, step right to right side, touch left beside right.

17 – 24: WALK FORWARD, KICK RIGHT, WALK BACKWARDS, STOMP LEFT

1 – 3 Walk forward on left, right, left.
4 Kick right forward.
5 – 7 Walk back on right, left, right.
8 Stomp left beside right (no-weight).

25 – 32: STOMP LEFT, HOLD AND CLAP, HOLD X 2, HIP ROLLS X 2

1 – 2 Stomp left to left side, hold and clap
3 – 4 Hold for two beats.
5 – 8 Roll hips twice in two complete circles

PART B:

33 – 40: GRAPEWINE LEFT AND TOUCH, PIVOT ½ LEFT TWICE

1 – 4 Step left to left side, step right behind left, step left to left side, touch right beside left.
5 – 6 Step forward on right, turn ½ left stepping onto left. [6:00]
7 – 8 Step forward on right, turn ½ left stepping onto left. [12:00]

41 – 48: GRAPEWINE RIGHT AND TOUCH, PIVOT ½ RIGHT TWICE

1 – 4 Step right to right side, step left behind right, step right to right side, touch left beside right.
5 – 6 Step forward on left, turn ½ right stepping onto right. [6:00]
7 – 8 Step forward on left, turn ½ right stepping onto right. [12:00]

Continues...

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PART C:

Note: When dancing part C for the first time you have danced A and B already twice and you have reached the step number 97.

97 – 104: GRAPEWINE LEFT AND PIVOT & HITCH, WALK BACKWARDS AND TOUCH

- 1 – 4 Step left to left side, step right behind left, step left to left side, pivot ½ turn left on ball of left and hitch right at the same time. [6:00]
5 – 7 Walk back on right, left, right.
8 Touch left beside right.

105 – 112: ROLL KNEES LEFT-RIGHT-LEFT-RIGHT

- 1 – 8 Roll knees left, right, left, right as you walk forward.

113 – 120: GRAPEWINE LEFT AND PIVOT & HITCH, WALK BACKWARDS AND TOUCH

- 1 – 4 Step left to left side, step right behind left, step left to left side, pivot ½ turn left on ball of left and hitch right at the same time. [12:00]
5 – 7 Walk back on right, left, right.
8 Touch left beside right.

121 – 128: ROLL KNEES LEFT-RIGHT-LEFT-RIGHT

- 1 – 8 Roll knees left, right, left, right as you walk forward.

Start again!