

# All Shook Up

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**Count:** 64

**Wall:** 2

**Level:** Intermediate / Advanced

**Choreographer:** Dustin Betts (USA) - February 2022

**Music:** - Whissell

## Intro - 16 counts from beginning of song

### [1-8] STEP KICK, HOLD, STEP TOUCH, STEP KICK, R KNEE SWIVEL OUT-IN-OUT-IN

- & 1 2** Step L to L side (slight jump) (&), Kick R across L (1), Hold (2), 12.00
- & 3** Step R to R side (slight jump) (&), Touch L toe next to R (3), 12.00
- & 4** Step L to L side (slight) (&), Kick R across L (4), 12.00
- 5 6 7 8** Press R to R side w/ knee bent out, keeping weight on L (5), Twist R knee in (6), Twist R knee out (7), Twist R knee in parallel L (8). 12.00

### [9-16] BALL SIDE ROCK, RECOVER, CROSSING SHUFFLE, $\frac{1}{4}$ , $\frac{1}{2}$ , $\frac{1}{4}$ SLIDE

- & 1 2** Bring L next to R (&), Rock R to R side (1) Recover onto L (2), 12.00
- 3 & 4** Cross R over L (3), Step L to L side (&), Cross R over L (4), 12.00
- 5 6** Make  $\frac{1}{4}$  turn left stepping L fwd (9.00) (5), Make  $\frac{1}{2}$  turn left stepping R back (6), 3.00
- 7 8** Make a  $\frac{1}{4}$  turn sliding to left on L dragging R in (7-8). 12.00

### [17-24] BALL CROSS, SIDE, BEHIND-SIDE-FWD, FWD ROCK, RECOVER, $\frac{1}{2}$ SHUFFLE

- & 1 2** Step ball of R under self (&), Cross L over R (1), Step R to R side (2), 12.00
- 3 & 4** Cross L behind R (3), Step R to R side (&), Step L fwd (4), 12.00
- 5 6** Rock R fwd (5), Recover onto L (6), 12.00
- 7 & 8** Make  $\frac{1}{2}$  turn right stepping R fwd (7), Bring L next to L (&), Step R fwd (8). 6.00

### [25-32] $\frac{1}{2}$ SPIRAL, KICK, "SIT", HOLD, ROCK, RECOVER, SHUFFLE FWD

- 1 2** Step L fwd making  $\frac{1}{2}$  turn right on L hooking R (1), Kick R fwd (2), 12.00
- 3 4** Step R back sitting into R hip slightly bending L knee (3), Hold (4), 12.00
- 5 6** Rock fwd onto L (5), Recover onto R (6), 12.00
- 7 & 8** Step L fwd (7), Bring R next to L (&), Step L fwd (8). 12.00

### [33-40] KICK BALL STEP, HOLD, BALL STEP, $\frac{1}{8}$ CROSS, BACK, BACK, $\frac{1}{4}$ BEHIND-SIDE-CROSS

- 1 & 2** Kick R forward (1), Step ball of R in place (&), Step L fwd (2), 12.00
- 3 & 4** Hold (3), Step ball of R next to L (&), Step L fwd (4), 12.00
- 5 & 6** Make 1/8 turn right crossing R over L (5) Step L back (&), Step R back (6), 1.30
- 7 & 8** Cross L behind R (7), Make 1/8 turn right stepping R to R side (&), Make 1/8 turn right stepping L fwd (8). 4.30

**[41-48] PRESS, RECOVER, BALL, ROCK, RECOVER, BODY ROLL BACK, BALL STEP, TOUCH**

- 1 2** Press R fwd (1), Recover onto L (2), 4.30
- & 3 4** Step ball of R next to L (&), Rock L fwd (3), Recover onto R (4), 4.30
- 5 6** Touch L toe back Body roll back taking weight onto L (5-6), 4.30
- & 7 8** Step ball of R back (&), Step L back (7), Touch R next to L squaring up to 3.00 (8). 3.00

**[49-56] ¼ MONTEREY, R POINT, SAILOR STEP X2**

- 1 2** Point R to R side (1) Bring R next to L making ¼ turn right (2), 6.00
- 3 & 4** Touch L to L side (3), Bring L next to R (&) Touch R to R side (4), 6.00
- 5 & 6** Step R behind L (5), Step L to L side (&), Step R in place (6), 6.00
- 7 & 8** Step L behind R (7), Step R to R side (&), Step L in place (8). 6.00

**[57-64] KICK, HOLD, HEEL JACK, HOLD, BALL CROSS, HOLD, UNWIND FULL TURN**

- 1 2** Kick R to L diagonal (1), Hold (2), 6.00
- & 3 4** Step R slightly back (&), Tap L heel (3), Hold (4), 6.00
- & 5 6** Step ball of L next to R (&), Cross R over L (5), Hold (6), 6.00
- 7 8** Unwind full turn over L shoulder keeping weight on R (7-8) 6.00

**Restart: Happens on wall 5, dance up to count 28, Rock fwd on to L (5), Recover onto R (6), Rock fwd on L (7), Recover onto R (8). L should be free to restart dance.**

**Enjoy!**