

ALL WOUND UP

LINEDANCE.COM

Count: 32

Wall: 2

Level: intermediate contra dance

Choreographer: Dan & Jan Pye

Music: All Wound Up by Sawyer Brown

Position:Opposing Lines Face Each Other

LEFT CROSS ROCK, LEFT SIDE SHUFFLE, 2 FORWARD SHUFFLES

1-2 With weight on right foot, cross left foot over right rocking forward on left, back on right foot

3&4 Shuffle to left side (left, right, left)

5&6-7&8 shuffles forward (right, left, right)(left, right, left)

Contra lines will now be past each other, back to back

2 RIGHT TURNING JAZZ BOXES

1-2-3-4 Cross right foot over left, step back on left foot, $\frac{1}{4}$ turn right as you step forward on right foot, step left to place along side right

5-6-7-8 Repeat 2nd jazz box with same steps

Contra lines will now be face to face again

4 ($\frac{1}{4}$) TURNS RIGHT AS DANCERS MOVE IN A CIRCLE TO THE LEFT IN A DIAMOND FIGURE

At 45 degree angle forward & to right

1-2 $\frac{1}{4}$ turn right as you step forward on right foot, touch left toe to place as you clap hands with new person opposite you

At 45 degree angle backward & to left

3-4 $\frac{1}{4}$ turn right as you step backward on left foot, touch right toe to place as you clap hands with your original partner

5-6-7-8 Repeat the last four counts completing the circle and coming face to face with your original partner again

RIGHT SHUFFLE, CROSS ROCK STEP, LEFT SHUFFLE, RIGHT REAR COASTER STEP

1&2 Shuffle to right (right, left, right)

3-4 Rock back on left foot behind right foot, rock forward on right

5&6 Shuffle to left side (left, right, left)

7&8 Right rear coaster step (step back on right, back on left, forward on right)

REPEAT

Source: LineDance.com — https://www.linedance.com/index.php?f=dance_view&id=65428