

RACK EM UP

LINEDANCE.COM

Count: 32 **Wall:** 4 **Level:** Improver

Choreographer: Mustang Sally (UK Sept 2007)

Music: Rack Em Up by Magill – Available as a FREE Download from their website,

Choreographers Notes: Begin the dance after 8 Counts, just before vocals.

Dance advances in Anti-clockwise direction.

RIGHT SHUFFLE, LEFT SHUFFLE, HEEL GRIND 1/4 RIGHT, STEP, HOOK

- 1&2** Step Right forward, Left beside Right, Step Right forward
- 3&4** Step Left forward, Right beside Left, Step Left forward
- 5,6** Grind right heel, turning ¼ turn to the right (on R heel & L ball of foot) (facing 3 o'clock)
- 7,8** Step Right in place, hook Left in front of Right shin and back in place

LEFT VINE, RIGHT SYNCOPATED VINE, CROSS, TOUCH

- 9-12** Step Left to side, Right behind Left, step Left to side, touch Right beside Left
- 13,14** Step Right to side, Left behind Right
- &15,16** And Step Right to side, cross Left in front, touch Right to side

KICK BALL CHANGE, STOMP, STOMP, SWIVET RIGHT, SWIVET LEFT

- 17&18** Kick Right forward, step Right in place, step Left beside Right
- 19,20** Stomp Right then Left
- 21,22** Twist to the right on Right heel and Left ball of foot, then back to the centre
- 23,24** Twist to the left on Left heel and Right ball of foot, then back to the centre

MONTEREY TURN, SAILOR STEPS (RIGHT & LEFT)

- 25,26** Touch Right to side, touch Right in place
- 27,28** Left to side turning ½ to right, Left) in place (Facing 9 o'clock)
- 29&30** Swing-step Right behind Left, step Left to left side, step Right in place.
- 31&32** Swing-step Left behind Right, step Right to left side, step Left in place.

Start again

TAG (8 counts)

(Facing 12 o'clock start wall for the 2nd time ONLY)

- 1&2** Step forward diagonally (R), shimmying shoulders up & down, & sway hips
- 3&4** Step forward diagonally (L), shimmying shoulders & down, & sway hips
- 5&6** Step back diagonally (R), shimmying shoulders & down, & sway hips
- 7&8** Step back diagonally (L), shimmying shoulders & down, & sway hips

DANCE WITH ATTITUDE AND HAVE LOADS OF FUN! Mustang Sally xxx

Source: LineDance.com — https://www.linedance.com/index.php?f=dance_view&id=73562