

# All Shook Up

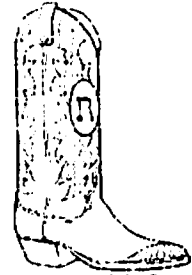
**Position:** This is a four wall line dance

**Music Suggestion:** *All Shook Up* by Billy Joel (count 16 beats then start dance)

**Choreographer:** Randy and Stephanie Krul (510) 686-1708

**Note:** This dance was choreographed to match the music.

- Walls 1, 2, 3    Patterns 1 & 2 ... 3 times
- Wall 4            Pattern 2 only
- Wall 5            Patterns 1 & 2
- Wall 6            Pattern 2 only
- Wall 7            Patterns 1 & 2



Start on Right Foot

## Pattern 1 Omit this pattern on the 4th and 6th walls

Toe, heel, toe, heel, toe, heel, toe, heel

- R--1-- Cross in front of left, put weight on ball of right foot
- R--2-- Put weight down on heel
- L--3-- Step to the side, putting weight on ball of left foot
- L--4-- Put weight down on heel
- R--5-- Step behind left, putting weight on ball of right foot
- R--6-- Put weight down on heel
- L--7-- Step to the side, putting weight on ball of left foot
- L--8-- Put weight down on heel

**Kick, ball change, kick, ball change, kick, ball change, kick, ball change**

- R--1-- Kick forward
  - R--&-- Step slightly to the side on ball of foot
  - L--2-- Step next to right (these moves progress to the right)
- \*\*(Repeat 3 more times)\*\***

## Pattern 2 Dance this pattern every wall; start with this pattern on the 4th and 6th walls

Touch, step, touch, step, touch, step, touch, step

- R--1-- Point toe to side
- R--2-- Step forward, right foot in front of left
- L--3-- Point toe to side
- L--5-- Step forward, left foot in front of right
- R--6-- Point toe to side
- R--7-- Step forward, right foot in front of left
- L--8-- Point toe to side
- L--9-- Step forward, left foot in front of right

**Forward, side, cross, ball change, forward, side, cross, ball change**

- R--1-- Kick forward
- R--2-- Kick to the side
- R--3-- Step behind left
- L--&-- Step to side
- R--4-- Step next to left
- L--5-- Kick forward
- L--6-- Kick to the side
- L--7-- Step behind right
- R--&-- Step to side
- L--8-- Step next to right

**Heel, toe, heel, toe, step, pivot, step, pivot**

- 1-- With weight on ball of both feet, swivel heels right
- 2-- With weight on heels of both feet, swivel toes right
- 3-- With weight on ball of both feet, swivel heels right
- 4-- With weight on heels of both feet, swivel toes right

- R--5-- Step forward
- L--6-- Pivot 180° to the left on both foot, weight ends on left
- R--7-- Step forward
- L--8-- Pivot 180° to the left on both foot, weight ends on left

**Turn, hold, bump, hold, All shook up**

- R--&-- Turn 1/4 turn right and step on both foot, weight ends on right
- L--1-- Step next to right
- 2-- Hold
- 3-- Bump pelvis forward
- 4-- Hold
- 5, 6, 7, 8-- Hip motions for 4 beats (use your imagination)

Start dance again