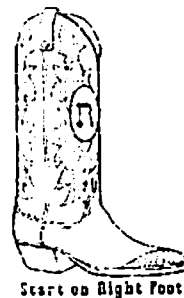


# All Shook Up



**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

**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