



Approved by:

Shook Up

2 WALL – 64 COUNTS – IMPROVER

STEPS	ACTUAL FOOTWORK	CALLING SUGGESTION	DIRECTION
Section 1 1 – 4 Styling 5 – 6 7 – 8	Skate Right/Left (With Holds and Hand Move), Side, Together, Side, Hold Skate right stepping right out. Hold. Skate left stepping left out. Hold. During skates, raise right hand and shake index finger, pointing up. Step right to right side. Step left beside right. Step right to right side. Hold.	Skate Skate Side Together Side Hold	Forward Right
Section 2 1 – 4 Styling 5 – 6 7 – 8	Skate Left/Right (With Holds and Hand Move), Side, Together, Side, Hold Skate left stepping left out. Hold. Skate right stepping right out. Hold. During skates, raise left hand and shake index finger, pointing up. Step left to left side. Step right beside left. Step left to left side. Hold.	Skate Skate Side Together Side Hold	Forward Left
Section 3 1 – 2 3 – 4 5 – 6 7 – 8	1/4 Turn, Together, Side, Hold (x 2) Turn 1/4 left stepping right to right side. Step left beside right. (9:00) Step right to right side. Hold. Turn 1/4 left stepping left to left side. Step right beside left. (6:00) Step left to left side. Hold.	Quarter Together Side Hold Quarter Together Side Hold	Turning left Right Turning left Left
Section 4 1 – 2 3 – 4 5 – 6 7 – 8 Restart 1	1/4 Turn, Together, Side, Hold (x 2) Turn 1/4 left stepping right to right side. Step left beside right. (3:00) Step right to right side. Hold. Turn 1/4 left stepping left to left side. Step right beside left. (12:00) Step left to left side. Hold. Wall 3: Start the dance again from the beginning.	Quarter Together Side Hold Quarter Together Side Hold	Turning left Right Turning left Left
Section 5 1 – 4 5 – 6 7 – 8	Jazz Box With Holds, Side, Together, Side, Hold Cross right over left. Hold. Step left back. Hold. Step right to right side. Step left beside right. Step right to right side. Hold.	Jazz Box Side Together Side Hold	Right
Section 6 1 – 2 3 – 4 5 – 6 7 – 8	Forward Rock, Together, Hold, Grapevine Cross Rock left forward on right diagonal. Recover onto right. Step left beside right. Hold. Step right to right side. Cross left behind right. Step right to right side. Cross left over right.	Rock Recover Together Hold Side Behind Side Cross	On the spot Right
Section 7 1 – 4 Restart 2 5 – 6 7 – 8	Stomp Right/Left With Holds, Cross, Hinge 1/2 Turn, Hold Stomp right out. Hold. Stomp left out. Hold. Wall 6: Start the dance again. Cross right over left. Turn 1/4 right stepping left back. (3:00) Turn 1/4 right stepping right to right side. Hold. (6:00)	Stomp Stomp Cross Quarter Quarter Hold	On the spot Turning right
Section 8 1 – 3 4 – 6 7 – 8	Jazz Box, Cross Rock, Jump Out, Toe Raise Cross left over right. Step right back. Step left to left side. Cross rock right over left. Recover onto left. Jump out (both feet). Raise toes (weight on both heels). Drop toes back to floor.	Jazz Box Cross Rock Jump Toe Raise	On the spot

Choreographed by: Daniel Trepal (NL) and Roy Verdonk (NL) January 2015

Choreographed to: 'Shook Up' by Clairy Browne & The Bangin' Rackettes from EP Clairy Browne & The Bangin' Rackettes; download available from amazon or iTunes (16 count intro - start on vocals)

Restarts: Two Restarts, one during Wall 3 and one during Wall 6



A video clip of this dance is available at www.linedancermagazine.com