

All Jacked Up

Phrased, 4 Wall, Intermediate

Choreographer: Lara Minatta

Choreographed to: All Jacked Up by Gretchen Wilson
(190BPM)

Start dancing on lyrics

Part A

S1 Toe Strut Left, Rock Step Right, Cross Turn, Stomp Right

- 1-2 Cross left toe over, lower left heel
- 3-4 Rock right side, recover to left
- 5-6 Turn $\frac{1}{2}$ right and step right toe forward, lower right heel
- 7-8 Turn $\frac{1}{4}$ right and step left side, stomp right together

S2 Swivel Side Right, Heel Touch

- 1-2 Swivel left heel/right toe to right, swivel left toe/right heel to right
- 3-4 Swivel left heel/right toe to right, swivel left toe/right heel to right
- 5-6 Touch left heel forward, step left together
- 7-8 Touch right heel forward, step right together

S3 Rock Step Left, $\frac{1}{2}$ Turn, Hold, Slap, Step Together

- 1-2 Rock left forward, recover to right
- 3-4 Turn $\frac{1}{2}$ left and step left forward, hold
- 5-6 Step right forward, hook left behind (touch left heel with right hand)
- 7-8 Step left back, step right together

S4 Jump, Cross $\frac{1}{2}$ Turn Left, Jump, Cross Turn $\frac{1}{2}$ Right

- 1-2 Jump feet apart, jump crossing right over
 - 3-4 Unwind $\frac{1}{2}$ left over 2 counts
 - 5-6 Jump feet apart, jump crossing left over
 - 7-8 Unwind $\frac{1}{2}$ right over 2 counts
- Adjust your weight appropriately for which part you are dancing next

Part B

S1 Shuffle Right Side, Rock Step Left Back, Step Turn

- 1&2 Chassé side right-left-right
- 3-4 Rock left back, recover to right
- 5-6 Step left forward, turn $\frac{1}{2}$ right (weight to right)
- 7-8 Step left forward, turn $\frac{1}{2}$ right (weight to right)

S2 Rock Step Left Forward, Step Left Side, Stomp, Apple Jack

- 1-2 Rock left forward, recover to right
- 3-4 Step left side, stomp right together
- 5-6 Swivel left heel/right toe to right, swivel left heel/right toe to center
- 7-8 Swivel left toe/right heel to left, swivel left toe/right heel to center

S3 Toe Strut Turn $\frac{1}{4}$, $\frac{1}{2}$, $\frac{1}{2}$, Step Right Side $\frac{1}{4}$ Turn, Stomp

- 1-2 Turn $\frac{1}{4}$ left and step left toe forward, lower left heel
- 3-4 Turn $\frac{1}{2}$ left and step right toe back, lower left heel
- 5-6 Turn $\frac{1}{2}$ left and step left toe forward, lower left heel
- 7-8 Turn $\frac{1}{4}$ left and step right side, stomp left together

S4 Step Diagonally, Stomp Up, Swivel, Stomp Up

- 1-2 Step right diagonally forward, stomp left together (weight to right)
- 3-4 Step left diagonally forward, stomp right together (weight to left)
- 5-8 Swivel left toe out, swivel left heel out, swivel left toe out, stomp right together (weight to left)

S5 Heel Touch, Scuff, Slap, Step Right, Stomp Up Left, Step Left, Stomp Up Right

- 1&2& Touch right heel forward, step right together, touch left heel forward, step left together
 - 3-4 Brush right forward, hitch right (slap right knee with right hand)
 - 5-6 Step right forward, stomp left slightly back (weight to right)
 - 7-8 Step left back, stomp right together (weight to left)
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S6 Monterey ½ Turn, Toe Touch Right Side, Turn ½ Right, Stomp Left

- 1-2 Touch right side, turn ½ right and step right together
- 3-4 Touch left side, step left together
- 5-6 Touch right side, turn ½ right and step right together
- 7-8 Flick left back, stomp left together

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S1 Toe Strut Turn

- 1-2 Turn ¼ right and step right toe forward, lower left heel
- 3-4 Turn ¼ right and step left toe forward, lower left heel
- 5-6 Turn ¼ right and step right toe forward, lower left heel
- 7-8 Turn ¼ right and step left toe forward, lower left heel

S2 Rock Step Right Side, Hold, Rock Step Left Side, Hold

- 1-2 Rock right side, recover to left
- 3-4 Step right together, hold
- 5-6 Rock left side, recover to right
- 7-8 Step left together, hold