
Remember to Vote for your favourite dances in the Linedancer Charts.

SEC 1 STEP KICK, HOLD, STEP TOUCH, STEP KICK, KNEE SWIVEL OUT-IN-OUT-IN

- &1-2 Step L to L side (slight jump), Kick R across L, Hold
&3 Step R to R side (slight jump), Touch L toe next to R
&4 Step L to L side (slight), Kick R across L
5-6 Press R to R side w/ knee bent out, keeping weight on L, Twist R knee in
7-8 Twist R knee out, Twist R knee in parallel L

SEC 2 BALL SIDE ROCK, RECOVER, CROSSING SHUFFLE, ¼, ½, ¼ SLIDE

- &1-2 Bring L next to R, Rock R to R side Recover onto L
3&4 Cross R over L, Step L to L side, Cross R over L
5-6 Make ¼ turn left stepping L fwd, Make ½ turn left stepping R back (3:00)
7-8 Make a ¼ turn sliding to left on L dragging R in (12:00)

SEC 3 BALL CROSS, SIDE, BEHIND-SIDE-FWD, FWD ROCK, RECOVER, ½ SHUFFLE

- &1-2 Step ball of R under self, Cross L over R, Step R to R side
3&4 Cross L behind R, Step R to R side, Step L fwd
5-6 Rock R fwd, Recover onto L
7&8 Make ½ turn right stepping R fwd, Bring L next to L, Step R fwd (6:00)

SEC 4 ½ SPIRAL, KICK, "SIT", HOLD, ROCK, RECOVER, SHUFFLE FWD

- 1-2 Step L fwd making ½ turn right on L hooking R, Kick R fwd (12:00)
3-4 Step R back sitting into R hip slightly bending L knee, Hold
5-6 Rock fwd onto L, Recover onto R

Restart Here on Wall 5, Add the following then Restart

- 7-8 Rock fwd on L, Recover onto R

- 7&8 Step L fwd, Bring R next to L, Step L fwd

SEC 5 KICK BALL STEP, HOLD, BALL STEP, ⅛ CROSS, BACK, BACK, ¼ BEHIND-SIDE-CROSS

- 1&2 Kick R forward, Step ball of R in place, Step L fwd
3&4 Hold, Step ball of R next to L, Step L fwd
5&6 Make ⅛ turn right crossing R over L Step L back, Step R back (1:30)
7&8 Cross L behind R, Make ⅛ turn right stepping R to R side, Make ¼ turn right stepping L fwd (4:30)

All Shook Up

Continues... Page 1 of 2

SEC 6 PRESS, RECOVER, BALL, ROCK, RECOVER, BODY ROLL BACK, BALL STEP, TOUCH

- 1-2 Press R fwd, Recover onto L
- &3-4 Step ball of R next to L, Rock L fwd, Recover onto R
- 5-6 Touch L toe back Body roll back taking weight onto L
- &7-8 Step ball of R back, Step L back, Touch R next to L squaring up to 3:00

SEC 7 ¼ MONTEREY, POINT, SAILOR STEP X2

- 1-2 Point R to R side Bring R next to L making ¼ turn right (6:00)
- 3&4 Touch L to L side, Bring L next to R Touch R to R side
- 5&6 Step R behind L, Step L to L side, Step R in place
- 7&8 Step L behind R, Step R to R side, Step L in place

SEC 8 KICK, HOLD, HEEL JACK, HOLD, BALL CROSS, HOLD, UNWIND FULL TURN

- 1-2 Kick R to L diagonal, Hold
- &3-4 Step R slightly back, Tap L heel, Hold
- &5-6 Step ball of L next to R, Cross R over L, Hold
- 7-8 Unwind full turn over L shoulder keeping weight on R

