# When You Get Tore Up

**Count:** 32 **Wall:** 4 **Level:** Beginner
**Choreographer:** Roy Verdonk (NL)
**Music:** All Jacked Up - Gretchen Wilson

**FORWARD, TOE STRUTS RIGHT FOOT - LEFT FOOT WITH ROCKING CHAIR, TWICE**

| | |
|---|---|
| 1&2& | Touch right toe forward, step onto right heel, touch left toe forward, step onto left heel |
| 3&4& | Rock forward, on right foot recover onto left foot, rock back on right foot recover onto left foot |
| 5-8& | Repeat 1-4& |

**STEP FORWARD PIVOT ½ TURN LEFT, 2 WALKS FORWARD, SIDE ROCK & CROSS TWICE**

| | |
|---|---|
| 1-2 | Step forward on right foot, pivot ½ turn left |
| 3-4 | Walk forward right foot, left foot |
| 5&6 | Rock right foot to right, recover onto left foot, cross right foot over left foot |
| 7&8 | Rock left foot to left, recover onto right foot, cross left foot over right foot |

**CHASSE RIGHT WITH SWAYS, CHASSE LEFT WITH SWAYS**

| | |
|---|---|
| 1&2 | Step right foot to right, close left foot to right foot, step right foot to right |
| 3-4 | Sway hips left, right |
| 5&6 | Step left foot to left, close right foot to left foot, step left foot to left |
| 7-8 | Sway hips right, left |

**STRUTTING JAZZ BOX (WIDE) WITH ¼ TURN RIGHT, OUT OUT HOLD, IN IN HOLD**

| | |
|---|---|
| 1&2& | Touch right toe over left foot, step onto right heel, touch left toe back, step onto left heel |
| 3&4 | Making a ¼ turn right touch right toe forward, step onto right heel, left foot step next to right foot |
| &5-6 | Jump slightly forward right foot, left foot (feet apart), hold |
| &7-8 | Jump back into place right foot, left foot (feet together), hold |

**REPEAT**
**Fade out at 2:38**