All Shook Up (一起搖擺) (zh)

Count: 0 **Wand:** 1 **Ebene:** Advanced
Choreograf/in: Naomi Fleetwood-Pyle (USA)
Musik: All Shook Up - Billy Joel : (CD: Honeymoon In Vegas)

PART A:

第一段 **SHUFFLE FORWARD LEFT AND RIGHT GRAPEVINE LEFT AND TOUCH**
前交換步（左-右），左藤步、點步

1-4 Shuffle forward on left, right, left, Shuffle forward on right, left, right （左足）前交換步，（左足）前左交換步。

5-8 Step left foot to left, Step right foot to left behind left, Step left foot to left; touch right on 4th count 左藤步、點步（4拍）

第二段 **SHUFFLE BACKWARDS RIGHT AND LEFT GRAPEVINE RIGHT AND TOUCH**
後交換步（右-左），右藤步、點步

1-4 Shuffle backwards on right, left, right, Shuffle backwards on left, right, left （右足）退後交換步，（左足）退後交換步。

5-8 Step right foot to right, Step left foot to right behind left, Step right foot to right; touch left on 4th count 右藤步、點步（4拍）

第三段 **WALK FORWARD LEFT, RIGHT, LEFT, KICK RIGHT:**
WALK BACK RIGHT, LEFT, RIGHT, TOUCH LEFT:
前走步、右足踢。後走步、左足點

1-4 Walk forward on left, right, left ，Kick right
前走3步（左、右、左）、右足踢

5-8 Walk back on right, left, right， Touch left foot stomp,
後走3步（右、左、右）、左足點

第四段 **ROLL HIPS TWICE (ELVIS HIPS!) 貓王擺臀二次**

1-2 Stomp left to left side; clap hands 左足左踏，拍手

3-4 Hold for two beats 雙手拉弓狀

5-8 Roll hips twice in two complete circles
左足趾朝地，扭臀2圈（ELVIS HIPS）

PART B:

第一段 **GRAPEVINE LEFT AND TOUCH, PIVOT ½ LEFT TWICE**
左藤步點, 左轉1/2二次

1-4 Step left foot to left, Step right foot to left behind left, Step left foot to left; touch right foot
左足左踏, 右足於左足後踏, 左足左踏, 右足點

5-8 Step forward on right, Pivot ½ left moving weight to left foot, Step forward on right, Pivot ½ left moving weight to left foot
右足前踏, 左轉180度(重心在左足), 右足前踏, 左轉180度(重心在左足)

第二段 **GRAPEVINE RIGHT AND TOUCH, PIVOT ½ RIGHT TWICE**
右藤步點, 右轉1/2二次(換右足, 同第一段)

1-4 Step right foot to right, Step left foot to right behind right, Step right foot to right; touch left foot
右足右踏, 左足於右足後踏, 右足右踏, 左足點

5-8 Step forward on left, Pivot ½ right moving weight to right foot, Step forward on left, Pivot ½ right moving weight to right foot
左足前踏, 右轉180度(重心在右足), 左足前踏, 右轉180度(重心在右足)

REPEAT PARTS A AND B 重覆 A 和 B

PART C:

第一段 **STEP LEFT, RIGHT BEHIND, STEP LEFT, PIVOT ½ LEFT & HITCH RIGHT, WALK BACKWARDS RIGHT, LEFT, RIGHT, LEFT**
左踏, 右後, 左踏, 左轉1/2 右抬, 後走(右, 左, 右, 左)

1-4 Step forward on left; step right behind left; step forward on left; pivot ½ left on ball of left foot and hitch right at the same time
左華倫步（3拍左轉，4拍在左轉，合計180度）

5-8 Walk backwards on right, left, right, left
退後4步（右、左、右、左）

第二段 **ROLL KNEES LEFT, RIGHT, LEFT, RIGHT (LIKE IN LONG-LEGGED HANNAH)**

1-8 Roll knees left, right, left, right as you walk forward (as is done in Long Legged Hannah) 趾踵步（左、右、左、右）同時抖肩膀

Repeat part C 重覆 C

Begin over with A, then B, then C until end of music 重覆 A B C 音樂結束