

Rack Em Up

Count: 32

Wall: 4

Level: Improver

Choreographer: Mustang Sally (UK) - September 2007

Music: Rack Em Up - Magill : (Available as a FREE Download from their website)



Choreographers Notes: Begin the dance after 8 Counts, just before vocals.
Dance advances in Anti-clockwise direction.

RIGHT SHUFFLE, LEFT SHUFFLE, HEEL GRIND 1/4 RIGHT, STEP, HOOK

- | | |
|-----|-----------------------------------------------------------------------------------------------|
| 1&2 | Step Right forward, Left beside Right, Step Right forward |
| 3&4 | Step Left forward, Right beside Left, Step Left forward |
| 5,6 | Grind right heel, turning ¼ turn to the right (on R heel & L ball of foot) (facing 3 o'clock) |
| 7,8 | Step Right in place, hook Left in front of Right shin and back in place |

LEFT VINE, RIGHT SYNCOPATED VINE, CROSS, TOUCH

- | | |
|--------|----------------------------------------------------------------------------------|
| 9-12 | Step Left to side, Right behind Left, step Left to side, touch Right beside Left |
| 13,14 | Step Right to side, Left behind Right |
| &15,16 | And Step Right to side, cross Left in front, touch Right to side |

KICK BALL CHANGE, STOMP, STOMP, SWIVET RIGHT, SWIVET LEFT

- | | |
|-------|---------------------------------------------------------------------------------|
| 17&18 | Kick Right forward, step Right in place, step Left beside Right |
| 19,20 | Stomp Right then Left |
| 21,22 | Twist to the right on Right heel and Left ball of foot, then back to the centre |
| 23,24 | Twist to the left on Left heel and Right ball of foot, then back to the centre |

MONTEREY TURN, SAILOR STEPS (RIGHT & LEFT)

- | | |
|-------|----------------------------------------------------------------------------|
| 25,26 | Touch Right to side, touch Right in place |
| 27,28 | Left to side turning ½ to right, Left) in place (Facing 9 o'clock) |
| 29&30 | Swing-step Right behind Left, step Left to left side, step Right in place. |
| 31&32 | Swing-step Left behind Right, step Right to left side, step Left in place. |

Start again

TAG (8 counts)

(Facing 12 o'clock start wall for the 2nd time ONLY)

- | | |
|-----|-------------------------------------------------------------------------|
| 1&2 | Step forward diagonally (R), shimmying shoulders up & down, & sway hips |
| 3&4 | Step forward diagonally (L), shimmying shoulders & down, & sway hips |
| 5&6 | Step back diagonally (R), shimmying shoulders & down, & sway hips |
| 7&8 | Step back diagonally (L), shimmying shoulders & down, & sway hips |

DANCE WITH ATTITUDE AND HAVE LOADS OF FUN! Mustang Sally xxx