# All Wound Up

拍数: 32

级数: Intermediate contra dance

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音乐: All Wound Up - Sawyer Brown

Position: Opposing Lines Face Each Other

# LEFT CROSS ROCK, LEFT SIDE SHUFFLE, 2 FORWARD SHUFFLES

- 1-2 With weight on right foot, cross left foot over right rocking forward on left, back on right foot
- 3&4 Shuffle to left side (left, right, left)
- 5&6-7&8 2 shuffles forward (right, left, right)(left, right, left)

## Contra lines will now be past each other, back to back

#### **2 RIGHT TURNING JAZZ BOXES**

1-2-3-4 Cross right foot over left, step back on left foot, ¼ turn right as you step forward on right foot, step left to place along side right

5-6-7-8 Repeat 2nd jazz box with same steps

Contra lines will now be face to face again

## 4 (¼) TURNS RIGHT AS DANCERS MOVE IN A CIRCLE TO THE LEFT IN A DIAMOND FIGURE

#### At 45 degree angle forward & to right

1-2 <sup>1</sup>⁄<sub>4</sub> turn right as you step forward on right foot, touch left toe to place as you clap hands with new person opposite you

#### At 45 degree angle backward & to left

- 3-4 <sup>1</sup>/<sub>4</sub> turn right as you step backward on left foot, touch right toe to place as you clap hands with your original partner
- 5-6-7-8 Repeat the last four counts completing the circle and coming face to face with your original partner again

## RIGHT SHUFFLE, CROSS ROCK STEP, LEFT SHUFFLE, RIGHT REAR COASTER STEP

- 1&2 Shuffle to right (right, left, right)
- 3-4 Rock back on left foot behind right foot, rock forward on right
- 5&6 Shuffle to left side (left, right, left)
- 7&8 Right rear coaster step (step back on right, back on left, forward on right)

#### REPEAT





**墙数:**2