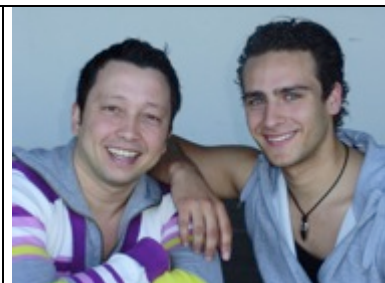


Shook Up

Choreographers: Roy Verdonk (NL),
& Daniel Trepát (NL)

February 2013



Type of dance: 64 counts 2 wall Line Dance
 Level: Intermediate
 Music: **Shook Up** by Clairy Browne & The Bangin' Rackettes
 Intro: 16 counts from first beat in music (app. 8 sec. into track). Start when she starts singing
 2 restarts: 1st restart in the 3rd wall after 32 counts
 2nd restart in the 6th wall after 52 counts

Counts	Footwork	End facing
1 – 8	Skate R L with hand move, shuffle R	
1 – 4	Skate R stepping R out (1), Hold (2), Skate L stepping L out (3), Hold (4) (while making the skating moves you raise the right hand up, pointing the index finger up and shaking it)	12:00
5 – 8	Step R to R side (5), Step L next to R (6), Step R to R side (7), Hold (8)	12:00
9 – 16	Skate L R with hand move, shuffle L	
1 – 4	Skate L stepping L out (1), Hold (2), Skate R stepping R out (3), Hold (4) (while making the skating moves you raise the left hand up, pointing the index finger up and shaking it)	12:00
5 – 8	Step L to L side (5), Step R next to L (6), Step L to L side (7), Hold (8)	12:00
17 – 24	Shuffles with ¼ turns	
1 – 4	¼ turn L stepping R to R side (1), Step L next to R (2), Step R to R side (3), Hold (4)	9:00
5 – 8	¼ turn L stepping L to L side (5), Step R next to L (6), Step L to L side (7), Hold (8)	6:00
25 – 32	Shuffles with ¼ turns	
1 – 4	¼ turn L stepping R to R side (1), Step L next to R (2), Step R to R side (3), Hold (4)	3:00
5 – 8	¼ turn L stepping L to L side (5), Step R next to L (6), Step L to L side (7), Hold (8)	12:00
Restart	1st restart in the 3rd wall after 32 counts	
33 – 40	Jazz box, shuffle R	
1 – 4	Cross R over L (1), Hold (2), Step L back (3), Hold (4)	12:00
5 – 8	Step R to R side (5), Step L next to R side (6), Step R to R side (7), Hold (8)	12:00
41 – 48	Rock diagonal fwd, close, weave R	
1 – 4	Rock L diagonal right forward (1), Recover weight R (2) Step L next to R (3), Hold (4)	12:00
5 – 8	Step R to R side (5), Cross L behind R (6), Step R to R side (7), Cross L over R (8)	12:00
49 – 56	Stomp R L, cross, 2x ¼ turn R	
1 – 4	Stomp R out (1), Hold (2), Stomp L out (3), Hold (4)	12:00
Restart	2nd restart in the 6th wall after 52 counts	
5 – 8	Cross R over L (5), ¼ turn R stepping L back (6), ¼ turn R stepping R to R side (7), Hold (8)	6:00
57 – 64	Jazz box, rockstep, jump out, toes up & down	
1 – 3	Cross L over R (1), Step R back (2), Step L to L side (3)	6:00
4 – 6	Cross rock R over L (4), Recover on L (5), jump both feet out (6)	6:00
7 – 8	Toes up (weight is on both heels) (7), Recover on both feet (8)	6:00
	Begin again!	
	Don't forget the restarts see above!!	