

All Jacked Up

Choreographer: DJ Dan & Wynette Miller (NL)

Aug 2005

64 count, 2 wall, beginner/intermediate level

Choreographed to: All Jacked Up by Gretchen Wilson, CD: All Jacked Up (190 bpm)

Start dance on main vocals (13 sec.)

Sec. 1 Side, Together, Step Back, Hold; Rock Step Back, Step Forward, Hold

1-4 Step right to right side. Step left next to right. Step right back. HOLD.

5-8 Rock left back. Recover weight onto right. Step left forward. HOLD.

Sec. 2 Heel, Slap, Heel, Slap; Rock Step Back, Step Forward. Hold.

1-2 Touch right heel forward. Hook right in front of left slap right heel with left hand.

3-4 Touch right heel forward. Flick right out slap right heel with right hand.

5-8 Rock right back. Recover weight onto left. Step right forward. HOLD.

Sec. 3 Swivel R, Hold, Swivel L, Hold; Swivel Right, Left, Swivel Right 1/2 Turn Left. Hold.

1-4 Swivel both heels to right. HOLD. Swivel both heels to left. HOLD.

5-6 Swivel both heels to right. Swivel both heels to left.

7-8 Swivel both heels to right 1/2 turn left weight ends on right. HOLD. [6]

Sec. 4 Back, Lock, Back. Lock; Slow Coaster Cross, Hold.

1-4 Step left back. Lock right across left. Step left back. Lock right across left.

5-8 Step left back. Step right next to left. Cross left over right. HOLD.

Sec. 5 Right Side, Hold, Behind, Hold; Scissor Steps, Hold.

1-4 Step right to right side. HOLD. Cross left behind right. HOLD.

5-8 Step right to right side. Step left next to right. Cross right over left. HOLD.

Sec. 6 Left Side, Hold, Behind, Hold; Scissor Steps, Hold.

1-4 Step left to left side. HOLD. Cross right behind left. HOLD.

5-8 Step left to left side. Step right next to left. Cross left over right. HOLD.

Sec. 7 Step, Lock, Step, Hold; Mambo Forward, Hold

1-4 Step right forward. Lock left behind right. Step right forward. HOLD.

5-8 Rock left forward. Recover weight onto right. Step left next to right. HOLD.

Sec. 8 Back, Lock, Back. Hold; Slow Coaster Step, Hold.

1-4 Step right back. Lock left across right. Step right back. HOLD.

5-8 Step left back. Step right next to left. Step left forward. HOLD.

Restart 48 counts: On wall 5, dance up to count 48 and start again from the beginning.