

# Shook Up

Count: 64

Wall: 4

Level: Easy Intermediate

Choreographer: Lars Kuif (NL) - April 2013

Music: "Shook up" by Clairry Browne & The Bangin' Rackettes (192 bpm)

## Starts after 16 counts

### [1-8] Point, Touch, Point, Hold, Behind, Side Cross, Hold

1 – 4 Point R to side, touch R next to L, point R to side, hold  
5 – 8 Step R behind L, step L to side, step R across L, hold

### [9-16] L Side, Behind, ¼ Turn L, L Fwd., R Brush, ½ Pivot L, Hold

1 – 4 Step L to side, step R behind L, ¼ turn L stepping L fwd., brush R fwd.  
5 – 8 Step R fwd., ½ turn L stepping L fwd. step R fwd. hold

### [17-24] L Step Lock Step, R Brush, R Rocking Chair

1 – 4 Step L fwd., lock R behind L, step L fwd., brush R fwd.  
5 – 6 Rock R fwd., recover to L  
7 – 8 Rock R back, recover to L

### [25-32] Heel Struts (4x) Making ¾ Turn L

1 – 2 1/8 turn L, R heel fwd., drop R toe  
3 – 4 1/8 turn L, L heel fwd., drop L toe  
5 – 6 ¼ turn L, R heel fwd., drop R toe  
7 – 8 ¼ turn L, L heel fwd., drop L toe

### [33-40] Charleston Steps

1 – 2 Sweep R forward, point R fwd.  
3 – 4 Sweep R back, step R back  
5 – 6 Sweep L back, point L back  
7 – 8 Sweep L fwd., step L fwd.

### [41-48] R Jazz Box (With Struts) Making ¼ Turn R

1 – 2 Step R toe across L, drop heel  
3 – 4 ¼ turn R stepping back on L toe, drop heel  
5 – 6 Step to R side with R toe, drop heel  
7 – 8 Step L toe across R, drop heel

### [49-56] Monterey ¼ Turn R (2x)

1 – 2 Touch R to side, ¼ turn R, step R together  
3 – 4 Touch L to side, step L together  
5 – 6 Touch R to side, ¼ turn R, step R together  
7 – 8 Touch L to side, step L together

### [57-64] Side Touch, Side Touch, Vine R, L Cross

1 – 2 Step R to side, touch L next to R  
3 – 4 Step L to side, touch R next to L  
5 – 8 Step R to side, step L behind R, step R to side, step L across R

## Start again and enjoy!

### Tag + Restart:

Dance wall 6 up to count 19 (Step Lock Step) and add (instead of brush):

4 Touch R next to L

### Start again

Contact - Website: [www.redbandana.jouwweb.nl](http://www.redbandana.jouwweb.nl)