



## Step Sheet



# All Shook Up

Music	All Shook Up – Elvis Presley					Time	1:57 min
Length	48 cnts	Tempo	150 bpm	Energy	63 steps/min	Intro	16 cnts
Choreographer		Unknown		Based On	All Shook Up		
# of Moves	6	Moves	Grapevine, Heel Taps, Leg Twist, Scoot, Step Tap, Twist				

\*Energy is calculated as (weight changes in sequence)\*(beats per minute for music)/(counts in sequence)

Counts in Sequence	Counts in Row	Description of Moves
		<b><u>HEEL TAP R-L W/ TWIST x2</u></b>
1-2	4	R heel tap forward, together, L heel tap forward, together
5-8	4	Heels together, lift heels to twist feet and knees (R-L-R-L)
9-16	8	Repeat 1-8
		<b><u>GRAPEVINE W/ LEG TWIST, R-L</u></b>
17-20	4	R step side, L step behind R, R step side, L tap together
21-24	4	L knee lift slightly and twist foot in air (or lightly on toe) (In-Out-In)
25-28	4	L step side, R step behind L, L step side, R tap together
29-32	4	R knee lift slightly and twist foot in air (or lightly on toe) (In-Out-In)
		<b><u>SCOOT, FWD, R-L</u></b>
33-36	4	R step forward, L step together (behind R), R step forward, hold (clap)
37-40	4	L step forward, R step together (behind L), L step forward, hold (clap)
		<b><u>STEP TAP (Clap), BACK, R-L x2</u></b>
41-44	4	R step back, L tap together (clap), L step back, R tap together (clap)
45-48	4	Repeat 41-44
		<b>REPEAT</b>

NOTES: Tempo is fast, but many of the moves do not require a weight change (swivel, leg twist, tap, etc). So the dance requires lower energy.

### MODIFICATIONS:

1. Leg Twist - Leave toe on the ground

Kaleidoscope Dance