

# ALL JACKED UP

**Choreographer:** DJ Dan & Wynette Miller

**Count:** 64

**Wall:** 2

**Level:** beginner/intermediate **Music:** "All

Jacked Up" by Gretchen Wilson



[www.country-stafke.be](http://www.country-stafke.be)

## **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

## **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

## **SWIVEL RIGHT, HOLD, SWIVEL LEFT, HOLD; SWIVEL RIGHT, LEFT, SWIVEL RIGHT ½ 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 ½ turn left weight ends on right, hold (6:00)

## **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

## **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

## **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

## **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

## **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

## **Repeat**

### **RESTART**

**On wall 5, dance up to count 48 and start again from the beginning**