

All Wound Up

Choreographed Dan & Jan Pye

Description: 32 Counts, 2 Wall, Intermediate Contra
Musik: Where I Come From by Alan Jackson
All Wound Up by Sawyer Brown
Mrs. Steven Rudy by Mark McGuinn



Position: Die Reihen stehen sich gegenüber auf Lücke. Den Abstand nicht allzu groß lassen.

LEFT CROSS ROCK, LEFT SIDE SHUFFLE, 2 FORWARD SHUFFLES

1-2 With weight on right foot, cross left foot over right rocking forward on left, back on right foot
3&4 Shuffle to left side (left, right, left)
5&6-7&8 2 shuffles forward (right, left, right)(left, right, left)

Contra lines will now be past each other, back to back

2 RIGHT TURNING JAZZ BOXES

1-2-3-4 Cross right foot over left, step back on left foot, ¼ turn right as you step forward on right foot, step left to place along side right
5-6-7-8 Repeat 2nd jazz box with same steps
Contra lines will now be face to face again

4 (¼) TURNS RIGHT AS DANCERS MOVE IN A CIRCLE TO THE LEFT IN A DIAMOND FIGURE

At 45 degree angle forward & to right

1-2 ¼ turn right as you step forward on right foot, touch left toe to place as you clap hands with new person opposite you

At 45 degree angle backward & to left

3-4 ¼ turn right as you step backward on left foot, touch right toe to place as you clap hands with your original partner

5-6-7-8 Repeat the last four counts completing the circle and coming face to face with your original partner again

RIGHT SHUFFLE, CROSS ROCK STEP, LEFT SHUFFLE, RIGHT REAR COASTER STEP

1&2 Shuffle to right (right, left, right)
3-4 Rock back on left foot behind right foot, rock forward on right
5&6 Shuffle to left side (left, right, left)
7&8 Right rear coaster step (step back on right, back on left, forward on right)

REPEAT