

# ALL WOUND UP!

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**Count:** 32

**Wall:** 4

**Level:** beginner/intermediate

**Choreographer:** Todd Lescarbeau

**Music:** Fifty-Fifty by Keith Stegall

## ROCK-STEP, STEP, KICK, COASTER-STEP, STEP, KICK

**&1-2-3** Rock back on right, step forward on left, step forward on right, kick left forward

**4&5** Step back on left, step back on right, step forward on left

**6-7** Step forward on right, kick left forward

## MODIFIED COASTER-STEP, RIGHT & LEFT SAILOR-STEPS, $\frac{3}{4}$ TURN RIGHT, KICK RIGHT

**8&1** Step back on left, step back on right, step forward on left as you turn  $\frac{1}{4}$  right

**2&3** Step back on right (slightly behind left), step left to side, step right beside left

**4&5** Step back on left (slightly behind right), step right to side, step left beside right

**6-8** Step back on right turning  $\frac{1}{4}$  right, turn  $\frac{1}{2}$  right stepping forward on left, kick right forward

## STEP-SLIDE, HIP BUMPS LEFT & RIGHT, HIP ROLL

**1-4** Drag left foot back for 2 beats and touch left beside right as you clap on the 4th beat

### Wiggle shoulders as you drag left foot back

**5-6** Bump hips left bending right knee inward, bump hips right

**7-8** Roll hips starting left and moving clock-wise 2 beats (weight should end on right leg)

## STEP LEFT BEHIND RIGHT, SIDE-ROCK-CROSS, STEP LEFT TO LEFT, $\frac{3}{4}$ TURN RIGHT, HEEL JACK

**1** Step left foot behind right foot

**2&3** Rock to side on right, recover on left, cross step right over left. (this will feel like a mambo rock)

**4** Step left to side

**5-6** Step back on right turning  $\frac{1}{4}$  right, turn  $\frac{1}{2}$  right stepping forward on left

**&7&8** Quickly step right foot in place, tap left heel forward, quickly step left in place, touch right foot beside left

**Dancers may be tempted to execute a "sailor step" as opposed to the "behind side-rock". Depending on which song you choose to dance to and based on the tempo, you may find yourself falling into a sailor step.**

**Be careful of the transition from dance end to beginning. The dance starts with a rock back on right, and ends with a "heel jack"**

**For the transition between the end and beginning. Keep the "heel jack tight" and body centered (no leaning back) the movement should be more in the hips**

**REPEAT**

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Source: LineDance.com — [https://www.linedance.com/index.php?f=dance\\_view&id=65429](https://www.linedance.com/index.php?f=dance_view&id=65429)