

# All Tied Up

**COPPERKNOB**  
SYNCHRONISTIC

**Count:** 64

**Wall:** 4

**Level:** Intermediate

**Choreographer:** Darren Tubridy (UK) & David Sinfield (UK) - November 2022

**Music:** Tie Me Up - Raynes



**Intro: 16 Counts, Start at approx 10 secs**

## **SEC 1 - Rock, Coaster Step, Shuffle, Walk, Walk**

- 1-2 Rock left forward, recover weight onto right
- 3&4 Step left back, step right beside left, step left forward
- 5&6 Step right forward, step left beside right, step right forward
- 7-8 Step left forward, step right forward

## **SEC 2 - Rock, ¼ Side Shuffle, Cross, Side, Sailor Step**

- 1-2 Rock left forward, recover weight onto right
- 3&4 Turn ¼ left step left to left, step right beside left, step left to left (9:00)
- 5-6 Cross right over left, step left to left
- 7&8 Step right behind left, step left to left, step right to right

## **SEC 3 - Cross, Side, ¾ Shuffle, Rocking Chair**

- 1-2 Cross left over right, step right to right
- 3&4 Turn ¾ left step left forward, step right beside left, step left forward (12:00)
- 5-6 Rock right forward, recover weight onto left
- 7-8 Rock right back, recover weight onto left

## **SEC 4 - Side, Hold, Ball Side, Touch, ¼ Step, Hold, Ball Step, Touch**

- 1-2 Step right to right, hold
- &3-4 Step left beside right, step right to right, touch left beside right
- 5-6 Turn ¼ left step left forward, hold (9:00)
- &7-8 Step right beside left, step left forward, touch right beside left

**Restart: Here on Wall 3, replace touch with step right forward**

## **SEC 5 - ½ Monterey, Hitch, ¼ Monterey, Hitch**

- 1-2 Point right to right, turn ½ right step right beside left (3:00)
- 3-4 Point left to left, hitch left knee
- 5-6 Point left to left, turn ¼ left step left beside right (12:00)
- 7-8 Point right to right, hitch right knee

## **SEC 6 - Side Rock, Slow Sailor Step, Slow Sailor Step**

- 1-2 Rock right to right, recover weight onto left
- 3-4-5 Step right behind left, step left to left, step right to right
- 6-7-8 Step left behind right, step right to right, step left forward

## **SEC 7 - Shuffle, Step, ¾ Pivot, Side Shuffle, Back Rock**

- 1&2 Step right forward, step left beside right, step right forward
- 3-4 Step left forward, pivot ¾ right transferring weight onto right (9:00)
- 5&6 Step left to left, step right beside left, step left to left
- 7-8 Rock right back, recover weight onto left

## **SEC 8 - Point, Hold, & Point, Hold, & Heel, Hold, & Heel Switches**

- 1-2 Point right to right, hold
- &3-4 Step right beside left, point left to left, hold
- &5-6 Step left beside right, touch right heel forward, hold

&7 Step right beside left, touch left heel forward

&8& Step left beside right, touch right heel forward, step right beside left

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