

## Doris Volz

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**From:** frances lind [franceslind@comcast.net]  
**Sent:** Friday, March 06, 2009 6:29 PM  
**To:** 'Joyce Shannon'; sharemmett@comcast.net; 'Doris Volz'  
**Subject:** FW: question about "all shook up"  
**Attachments:** SHOOKUP.pdf

Here is the original step sheet from randy.

Thanks and regards,

Frances

Please consider the environment before printing this email.

Hi Frances

Boy it has been a long time since I've even done this dance. I am attaching my original step sheet & hope you can find the answer you are looking for.

I do know that most teachers do not understand the first steps. It is a press on the ball and then slam the heel down creating a small lilt & sink. It is kind of hard to describe in words but it works well with the music.

I hope this helps.

Randy