

# Shut Up & Dance!

Count: 32

Wand: 4

Ebene: Intermediate/Advanced

Choreograf/in: Maureen Jones (UK) & Michelle Jones (UK)

Musik: Shut Up And Dance - Liberty X



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## HEEL TOUCH, SHUFFLE, TOUCHES, ¼ TURN LEFT, HITCH, POINT, HITCH, ¼ TURN RIGHT, STEP, TAPS

- 1& Touch right heel forward, step right beside left  
2&3 Shuffle forward stepping left, right, left  
4-5 Touch right toe forward (bend left knee and lean back), touch right toe back (bend left knee and lean forward)  
&6&7 Make ¼ turn left and hitch right knee, point right to right, hitch right knee, make ¼ turn right and step right diagonally back right  
&8 Tap left in front of right, tap left across right

## DIAGONAL HIP BUMPS, DIAGONAL SHUFFLE, ROCK, ¼ TURN WITH LONG STEP, ELVIS KNEE-STEP-TOUCH

- 9-10 Touch left diagonally forward left and bump hips left, bump hips diagonally back right  
11&12 Shuffle diagonally forward left stepping left, right, left (emphasize with Cuban hips)  
13&14 Rock right forward, recover back onto left, make ¼ turn right and step right long step right  
15&16 Keeping left toe in place drop left knee towards right (turn head right), step left to left (return head to front), touch right beside left

## HITCH, TOUCH, HITCH, STEP, HITCH WITH ½ TURN, TOUCH, HITCH, STEP, HIP BUMPS

- &17&18 Hitch right knee, touch right to right, hitch right knee, step right slightly further to right  
&19&20 Hitch left knee and make ½ turn right, touch left to left, hitch left knee, step left slightly further to left  
21&22 Bump hips left, right, left, gradually bending knees and lowering body on each bump  
23&24 Bump hips right, left, right, gradually straightening knees and raising body to original position

## CROSS-ROCK-SIDE, STEP-CROSS-POINT, CROSS, MONTEREY ½ TURN WITH HITCHES

- 25&26 Rock left across right, recover weight on right, step left long step left  
27&28 Step right beside left, step left across right, point right to right (bend left knee and make point a sharp, precise movement)  
29&30 Step right across left, hitch left knee, point left to left  
&31&32& Hitch left knee and make ½ turn left, step left beside right, hitch right knee, point right to tight, hitch right knee

## REPEAT

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