

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



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
