

# Shut Up & Let Me Go

Count: 32

Wall: 4

Level: Intermediate

Choreographer: John "Growler" Rowell (UK) - September 2008

Music: Shut Up and Let Me Go - The Ting Tings : (CD: We Started Nothing, 2:53)



**Intro: 0 seconds then 16 counts / 9 seconds (Vocals start on second wall)**

**Rotation: CW**

**Numbers in square brackets [ ] indicate facing wall and turn rotation. Start facing [9]**

## **(1-8) Ball Cross, Kick Right, Behind-Side-Front, Pop, Twist, Left Shuffle.**

- &1-2 ( & ) Step right next to left, (1) cross left over right, (2) low kick forward with right. [9]  
3&4 (3) Step right behind left, ( & ) step left to left, (4) cross right over front of left. [9]  
5 (5) Tap left toe forward popping left knee across right. [9]  
6 (6) Keeping toe on floor turn knee back to 9 o'clock. [9]  
7&8 (7) Step left forward, ( & ) step right next to left, (8) step left forward. [9]

## **(9-16) Step-Half Pivot, Right Dorothy, Out Left-Right, Ball Cross, Step Left.**

- 1-2 (1) Step right forward, (2) pivot half turn left. [CCW, 3]  
3-4& (3) Step right forward on right diagonal, (4) lock left behind right, ( & ) step right forward on diagonal. [3]  
5-6 (5) Step left to left bumping hip left, (6) step right to right bumping hip right. [3]  
7&8 (7) Step left next to right, ( & ) cross right over left, (8) step left to left. [3]

## **(17-24) Back Right-Left, Right Coaster Step, Step Left Turning Right, Back Rock, Recover, Quarter Turn Right, Half Turn Right.**

- 1-2 (1) Step back right, (2) step back left. [3]

### **Steps 1, 2 can be replaced with a full turn right travelling backwards**

- 3&4 (3) Step back right, ( & ) step left next to right, (4) step forward right. [3]  
5-6& (5) Step left forward turning quarter right [CW], (6) rock right behind left, ( & ) recover on left. [6]  
7-8 (7) Step right quarter turn right [CW], (8) on ball of right pivot half right stepping back on left. [CW. 3]

## **(25-32) Quarter Turn Right, Forward Left-Right, Knee Pops, Cross-Unwind, Cross-Step-Tap.**

- 1-2 (1) Step right quarter turn right [CW], (2) step forward left. [6]  
3&4 (3) Step forward right, ( & ) lift both heels popping knees forward, (4) drop both heels. [6]  
5-6 (5) Cross right over front of left, (6) unwind half turn left. [CCW, 12]  
7&8 (7) Cross right over front of left, ( & ) step left to left, (8) tap right toe to right. [12]

**Start again.....with a BIG smile**