

Shut Up And Dance

COPPER KNOB
BY STEPSHEETS

拍数: 32 墙数: 4 级数: Improver
编舞者: Bobby Willson (USA) - November 2014
音乐: Shut Up and Dance - WALK THE MOON



BEGIN AT LYRICS

RESTARTS EACH AFTER 1-24 DURING 6TH AND 10TH WALLS

This song is very “lively”. Steps are easy, so its fast....sound familiar?

SHUFFLE RLR SHUFFLE LRL, STEP-TURN STEP-TURN ROCKBACK-REC

1&2 3&4 Step fwd R, step L to R, step fwd R, step fwd L, step R to L, step fwd L
5 6 7 8 Step fwd R w/ 1/4 turn to left, step back L w/ 1/4 turn to left, back R, recover to L

SHUFFLE RLR SHUFFLE LRL STEP-TURN STEP-TURN STEP STEP W/ CLAPS

1&2 3&4 Step fwd R, step L to R, step fwd R, step fwd L, step R to L, step fwd L
5 6 7 8 Step fwd R w/ 1/4 turn to left, step back L w/ 1/4 turn to left, slight stomps in place R, R (keep weight on L, can clap, clap with these 2 slight stomps)

R GRAPEVINE CROSS, STEP STEP STOMPS W/CLAPS

1 2 3 4 Step R to side, cross L behind R, step R to side, cross L over R
5 6 7 8 Rock R to side, recover to L, rock back R, recover to L lifting R knee in air

RESTART HERE DURING 6TH AND 10TH WALLS

STEP STEP-TURN STEP-TURN STEP-TURN, SKATES BACK RLRL

1 2 3 4 Step fwd R, step back L w/ 1/4 turn to right, turn 1/4 to right step R, turn 1/4 right step fwd L
5 6 7 8 Steps back with slight back and forth, like skating: R, L, R, L (can motion with hands like “come dance with me”)

REPEAT

Just Keep MOVING! Feel free to shout out “Shut up and dance” with the song :-)

Last Update – 25th Nov 2014
