

Shut Up And Dance

拍数: 48 墙数: 4 级数: Improver
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音乐: Shut Up and Dance - WALK THE MOON



#8 Count intro

S1: ROCKING CHAIR (WITH LOOK BACK!), SHUFFLE FORWARD, ROCK, RECOVER

1-2 Rock forward on right, recover to left
3-4 Rock back on right, looking over your right shoulder, recover to left
5&6-7-8 Shuffle forward R-L-R, rock forward on left, recover weight to right

S2: SHUFFLE BACK, ROCK/RECOVER, OUT-OUT WITH CLAP, HIP ROLL

1&2 Shuffle back L-R-L
3-4 Rock back on right, recover to left
&5-6 Quick hop out on right (&), quick hop out left next to right (5), clap and hold (6)
7-8 Hip roll clockwise, ending weight on left

S3: CROSS ROCK, SIDE CHASSE RIGHT, CROSS ROCK, SIDE CHASSE ¼ LEFT

1-2 Cross rock right in front of left, recover to left
3&4 Side shuffle to right R-L-R
5-6 Cross rock left in front of right, recover to right
7&8 Side shuffle to left, turning ¼ left L-R-L (9:00)

S4: TOE STRUTS FORWARD WITH HIP BUMPS, OUT-OUT, CLAP, HIP ROLL

1&2 Step right toe forward, drop heel down while bumping hip R-L-R
3&4 Step left toe forward, drop heel down while bumping hip L-R-L
&5-6 Quick hop out on right, quick hop out left next to right, clap and hold
7-8 Hip roll clockwise, ending weight on left

S5: TWO ½ MONTEREY TURNS TO THE RIGHT

(See below for alternate steps)

1 Touch toes of right to the right side
2 Pivot ½ turn right on ball of left and step right next to left (3:00)
3 Touch toes of left to left side
4 Step left next to right
5 Touch toes of right to the right side
6 Pivot ½ turn right on ball of left and step right next to left (9:00)
7 Touch toes of left to left side
8 Step left next to right

(RESTART HERE ON WALLS 3 AND 5)

S6: K STEPS, SCUFF RIGHT

1-2 Step R diagonal forward, touch left next to right
3-4 Step L diagonal back, touch right next to left
5-6 Step R diagonal back, touch left next to right
7-8 Step L diagonal forward, scuff right, ready to begin again

s5: Alternate steps for Monterey turns (5th set of eight)

1-2 Touch right foot to right side, step right foot next to left
3-4 Touch left foot to left side, step left foot next to right
5-6 Touch right foot to right side, step right foot next to left

7-8

Touch left foot to left side, step left foot next to right

Restart on walls 3 and 5 at count 40 – dance through the Monterey turns and omit the K Steps (last set of eight)
