

Shut up 'n' DANCE

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: High Beginner
编舞者: Val Saari (CAN) - February 2019
音乐: Shut Up and Dance - WALK THE MOON



HEEL-FANS X 2 (RL), JAZZ BOX

1-2 RF fan heel right, left
3-4 LF fan heel left, right
5-6 Cross RF over Left, Step Left back
7-8 Step RF to side, Step LF together with Right

WALK FORWARD R,L,R, KICK L, WALK BACK L,R,L, TOUCH R

1-2 Walk forward, RF, LF
3-4 Walk forward RF, Kick LF forward
5-6 Step back, LF, RF
7-8 Step back LF beside R, Touch RF beside

RF ROCK/RECOVER, SHUFFLE RLR PIVOT 1/2 R, MAMBO L, (CHA-CHA CHA)

1-2 Rock RF forward, recover LF
3&4 Shuffle back RLR Pivot 1/2 R
5-6 Rock LF left, Recover RF
7&8 Step LF beside R, Step RF in place, Step LF in place (cha, cha, cha)

HEEL SWITCHES (RL), MONTEREY 1/4 TURN R, HEEL SPLITS

1-2 Touch R Heel forward on floor, Step RF beside L
3-4 Touch L Heel forward on floor, Step LF beside R
5-6 Point RF toes to right side, 1/4 turn right step RF together
7-8 Split both heels apart, close heels together

REPEAT - No Tags, No Restarts

Email: valeriesaari@icloud.com - Phone: 1-905-246-5027
