

Just Shut Up

COPPERKNOB
BY STEPHEN

拍数: 48 墙数: 4 级数: Beginner / Improver
编舞者: Cathy Snow (USA) - August 2019
音乐: Shut up About Politics (feat. The Five) - John Rich



Intro: 16 counts

[1-8] TOE-HEEL, STOMP (R,L), HOLD, RIGHT ROCK & CROSS, LEFT ROCK & STEP

1&2 Touch R toe beside L with knee pointing toward L. Touch R heel forward with toe pointing outward. Stomp R in front of L, hold
3&4 Touch L toe beside R with knee pointing toward R. Touch L heel forward with toe pointing outward. Stomp L in front of right, hold.
5&6 Rock R side, cross R over L
7&8 Rock L side, cross L over R

[9-16] TOE STRUTS, DOUBLE KICK, COASTER STEP, TOE HEEL STRUT, DOUBLE KICK, COASTER STEP

1-2 Step forward right toe, drop right heel taking weight.
3-4 Step forward left toe, drop left heel taking weight.
5-6 Low kick right foot forward. (two times)
7&8 Step right back, step left together & step right forward.

[17-24] TOE STRUTS, DOUBLE KICK, COASTER STEP, TOE HEEL STRUT, DOUBLE KICK, COASTER STEP

1-2 Left toe, step down on left heel.
3-4 Right toe, step down right heel.
5-6 Low kick left foot forward. (two times)
7&8 Step left back. Step right together & step left forward.

[25-32] LOCK STEP, SHUFFLE; LOCK STEP, SHUFFLE

1-2 Step right forward, cross left behind right,
3&4 Shuffle right, left right
5-6 Step left forward, cross right behind left;
7&8 Shuffle left, right, left

[33-40] ¼ RIGHT MONTEREY TURN; JAZZ BOX

1-2 Touch right side, turn ¼ right and step right together
3-4 Touch left side, step left together
5-6 Cross right over left; step back left
7-8 Step right side; step left forward

[41-48] LINDY RIGHT, LINDY LEFT

1&2 Shuffle right, left, right to right side
3-4 Rock back on left behind right, recover right
5&6 Shuffle left, right, left to left side
7&8 Rock back on right behind left, recover left

NO TAGS or RESTARTS