

Shut It

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Craig Cooke (UK)
音乐: Shut Up - Black Eyed Peas



WALK & SHOULDER SHAKING

- 1 Touch ball of left foot forward
- 2 Place heel and weight down on left foot
- 3 Touch ball of right foot forward
- 4 Place heel and weight down on right foot
- 5 Touch ball of left foot forward
- 6 Place heel and weight down on left foot
- 7 Touch ball of right foot forward
- 8 Place heel and weight down on right foot

On steps 1-8, while walking forward, shake shoulders

POINTS & LARGE STEP

- 1&2 Point left foot to left side, step left in place, point right to right side
- & Step right in place
- 3-4 Take large step back onto left & drag right back to left
- 5&6 Point right to right side, step right in place, point left to left side
- & Step left in place
- 7-8 Take large step forward onto right & drag left up to right

ROCK & BEHIND AND IN FRONT, ROCK AND BEHIND AND ¼ TURN

- 1-2 Rock left out to left side, recover onto right
- 3&4 Step left behind right, step right-to-right side, step left over right
- 5-6 Rock right out to right side, recover onto left
- 7&8 Step right behind left, step left foot forward making ¼ turn left, step right next to left

TOUCH & TOUCH STEP SLIDE, ROCK AND COASTER STEP

- 1&2 Touch left toe forward, step left in place, touch right foot forward
- & Step right foot in place
- 3-4 Take big step forward on left foot, slide right up to left
- 5-6 Rock forward onto right foot, recover onto left
- 7&8 Step back on right foot, step left next to right, step forward onto right foot

REPEAT
