

# Shut Up

拍数: 32      墙数: 2      级数: Beginner  
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音乐: Shut Up - Black Eyed Peas



## TOUCH X4, ¼ TURN LEFT, HAND MOVEMENT, SIT DOWN AND UP

- 1&2&      Touch right toe forward, step right foot next to left, touch left toe forward step left foot next to right
- 3&4      Touch right toe to right side, step right foot next to left, touch left toe to left side
- 5-6      Turn ¼ left, cross open hands forward in front of chest, (the palms of hands away from body)
- 7-8      Bend knees (with hands still up) straighten knees and put weight onto left foot bringing hands down

## ROCK STEP, COASTER STEP, STEP TURN, TURN ¼ RIGHT

- 1-2      Step right foot forward, rock weight back onto left
- 3&4      Step back with right foot, step left foot next to right, step right foot forward
- 5-6      Step left foot forward, turn ½ right ending with weight on right foot
- 7&8      Turn ¼ right stepping left foot to left side, step right foot next to left cross left foot in front of right foot

## HIP BUMPS, KICK & BOUNCE TWICE

- 1&2      Touch right foot forward and bump hip forward, bump hip backward, bump hip forward and put weight onto right foot
- 3&4      Touch left foot forward and bump hip forward, bump hip backward, bump hip forward and put weight on left foot
- 5&6&      Kick right foot forward, step right foot next to left, step left foot to left side put weight back onto right foot
- 7&8&      Kick left foot forward, step left foot next to right, step right foot to right side, put weight back onto left foot

## KICK, JUMP BACK, BODY ROLL, MODIFIED SCISSOR STEPS

- 1&2      Kick right foot forward, jump back starting with right foot ending shoulder width apart (&2)
- 3-4      Body roll to the left finishing by dragging right foot next to left
- 5&6      Step diagonally back onto right foot, step left foot next to right, cross right foot in front of left
- 7&8      Step diagonally back onto left foot, step right foot next to left, cross left foot in front of right

## REPEAT

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