

Shut Up And Dance

COPPER KNOB
STEPSHEETS

拍数: 40 墙数: 4 级数: Beginner east coast swing
编舞者: Lynn Luccisano (USA) & Peter Brotsch (USA)
音乐: I Ain't No Quitter - Shania Twain



WEST SIDE JAZZ BOX

1-4 Cross step right over left, hold, step back on left, hold
5-8 Step right to right side, hold, cross step left over right, hold

Styling: swing your arms forward & back with each step, i.e., right arm forward when stepping on right foot and left arm forward when stepping on left foot (think West Side Story)

STEP BACK, ¼ TURN LEFT, STOMP RIGHT TWICE

9-12 Step back on right, hold, step left to left side making ¼ turn left, hold
13-16 Stomp right foot in place, hold, stomp right foot in place, hold

SWIVEL RIGHT TOES & HEEL TO RIGHT SIDE TWICE, RETURN RIGHT HEEL & TOES NEXT TO LEFT

17-18 Swivel right toes to right side, swivel right heel to right side
19-20 Swivel right toes to right side, swivel right heel to right side
21-22 Swivel right heel to left, swivel right toes to left
23-24 Swivel right heel to left, swivel right toes to left

Styling: place right hand on right knee and lean to right

JUMP FORWARD & BACK TWICE WITH CLAPS

&25-26 Jump forward right, left, hold & clap
&27-28 Jump back right, left, hold & clap
&29-30 Jump forward right, left, hold & clap
&31-32 Jump back right, left, hold & clap

TWO ½ PIVOT TURNS WITH SNAPS

33-36 Step forward right, hold & snap, pivot ½ turn left, hold & snap
37-40 Step forward right, hold & snap, pivot ½ turn left, hold & snap

REPEAT

While doing steps 1-8, swinging your arms with the beat of the music looks real cool

While doing steps 25-32, clapping your hands looks even cooler

While doing steps 33-40, snapping the fingers of your right hand looks the coolest (think West Side Story style)