

Shut Up!

拍数: 32 墙数: 2 级数: Improver
编舞者: A1C (WLS)
音乐: Shut Up... And Forget About It - Dane Bowers



KICK & STEP, & ¼ LEFT, COASTER, ROCK

1&2 Right kick forward, right step together, left step forward
(1) right shoulder up, (&) left shoulder up, (2) head look down to left side
&3-4 Left foot step together, right step forward, pivot a ¼ turn left
5&6 Right coaster step
7-8 Left step forward bumping hips forward, rock weight back onto right foot

WEAVE, STEP, KICK ½, WEAVE

9&10 Left cross behind right, right step side, left crossover right
11 Right step forward,
& Left foot kick forward
12 Pivot a ½ turn left and kick left forward
13&14& Left cross behind right, right step side, left cross over right, right step side
15&16 Left cross behind right, right step side, left step forward

&, STEP, PIVOT TWICE, CHUGS, CROSS, UNWIND

&17-18 Left step together, right step forward, pivot a ¼ turn left
19-20 Right step forward, pivot a ½ turn left
21-22 Two right chugs to make a ½ turn left
23-24 Right cross over left, unwind a ½ turn left

QUICK MAMBOS, HEEL

25&26 Right step forward, rock weight onto left, right step together
&27& Left step back, rock weight onto right, left step together
28 Right heel touch forward

&29 Right foot step together, left foot step forward
30 Hold
31-32 Sweep right foot around to make a 1 and ¼ turn left

Alternate ending

&29 Right foot step together, left kick forward
30 Left cross over right
31-32 Unwind a ¾ turn right

REPEAT
