

# Shut Up & Hold On

**COPPER** **KNOB**  
BY STEPHEN HETS

拍数: 32      墙数: 4      级数: Low Intermediate  
编舞者: Paula Frohn (USA) & Ed Evangelista (USA) - December 2013  
音乐: Shut up and Hold On - Toby Keith



Dance starts on vocals (after 32 counts)

## [1-8] SYNCOPATED ROCKING CHAIRS, SHUFFLE FORWARD, REPEAT OPPOSITE FOOTWORK

1&2&      Rock RF forward, replace on LF, rock back RF, replace on LF  
3&4      Shuffle forward R-L-R  
5&6&      Rock LF forward, replace on RF, rock back on LF, replace on RF  
7&8      Shuffle forward L-R-L

After 1st set (facing 3 o'clock), do first 8 counts and Restart

## [9-16] ROLL HIPS WHILE PIVOT ¼ LEFT TWICE, SYNCOPATED ROCKS, STEP FORWARD

1-2      Step forward RF, roll hips counter clockwise while pivot ¼ turn left change weight to LF  
3-4      Step forward RF, roll hips counter clockwise while pivot ¼ turn left change weight to LF  
5&6&      Cross rock RF in front of LF, replace on LF, rock RF to right side, replace on LF  
7&8      Rock RF back, replace on LF, step forward RF

## [17-24] STOMP FORWARD, HOLD (OPTIONAL ARMS), BODY ROLL, SHUFFLE FORWARD, ROCK FORWARD/REPLACE, ¼ LEFT STEP

1-2      Stomp LF forward, hold (optional: extend arms like holding on motorcycle handle bars)  
3&4      Sit & body roll up end weight on LF (optional: roll hips counter clockwise)

After the 3rd set (6 o'clock) only do 20 counts and Restart

5&6      Shuffle forward R-L-R  
7&8      Rock L forward, replace weight on RF, turn ¼ left, step LF side

## [25-32] SHUFFLE FORWARD, ROCK FORWARD, REPLACE, COASTER STEP, STOMP, HOLD W/SHOULDER SHRUGS

1&2      Shuffle forward R-L-R  
3-4      Rock LF forward, replace on RF  
5&6      Step LF back, RF next to LF, step LF forward  
7&8      Stomp RF forward (Keeping weight on LF), hold (optional: shoulder shrug-left shoulder down while right shoulder up then right shoulder down while left should up or hip roll)

Enjoy! Happy New Year 2014!

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