

Shut Up and Dance

COPPER KNOB
STEPPERS

拍數: 48 牆數: 0 級數: Intermediate
編舞者: Cody Flowers (USA) - February 2015
音樂: Shut Up and Dance - WALK THE MOON



Awards: USLDCC 2nd Place Intermediate/Advanced at The Big Bang Dance Classic 2015

*2 Restarts (wall 3 & 5)

(1-8) Scuff, Touch Back, $\frac{3}{4}$ Turn L, Sailor Step, Sailor Step

1 2 Scuff R, Touch R back
3 4 Twist body R (to look back at 6:00), $\frac{3}{4}$ Turn left stepping R to R side (9:00)
5&6 Step L behind R, Step R to R side, Step L to L side
7&8 Step R behind L, Step L to L side, Step R to R side

(9-16) Hitch, Toe Touch, Knee Pops, & Rock Recover, & Rock Recover

1 2 Hitch L knee across body, STEP L back to L
3 4 Pop R knee toward L, Pop L knee toward R Thank you! Cody
&56 Step R beside L, Rock L to L side, Recover weight on R
&78 Step L beside R, Rock R to R side, Recover weight on L

(17-24) & Rock Recover, Back Lock Back, $\frac{3}{4}$ Turn R, Behind Side Cross

&12 Step R beside L, Step L forward rocking onto L, Recover weight on R
3&4 Step back on L foot, Lock R over L, Step back on L foot
5 6 $\frac{1}{4}$ Turn R stepping R to R side (12:00), $\frac{1}{2}$ Turn R stepping L to L side (6:00)
7&8 Step R behind L, Step L to L side, Cross R over L

(25-32) Rock Recover, Behind Side Cross, Big Slide, Together, $\frac{1}{4}$ Coaster Step

1 2 Rock L to L side, Recover weight on R
3&4 Step L behind R, Step R to R side, Cross L over R
5 6 Large step R to R side, Drag L to R foot
7&8 $\frac{1}{4}$ Turn L stepping back on L foot (3:00), Step R beside L, Step L forward

(33-40) Kick and Touch, Kick and Touch, Cross in Front, Cross in Front

1&2 Kick R foot forward, Step R beside L, Touch L to L side
3&4 Kick L foot forward, Step L beside R, Touch R to R side
5&6 Cross R over L, Step L to L side, Step R forward
7&8 Cross L over R, Step R to R side, Step L forward

****Restart here on Walls 3 & 5.**

(41-48) $\frac{1}{4}$ Box Turn, $\frac{1}{4}$ Box Turn

1 2 Cross R over L, $\frac{1}{4}$ Turn R stepping back on L (6:00)
3 4 Step R forward, Step L beside R
5 6 Cross R over L, $\frac{1}{4}$ Turn R stepping back on L (9:00)
7 8 Step R forward, Step L beside R

Contact: co.flowers@wingate.edu

Last Update : Sept 14th, 2015