

So Shut Up...

拍數: 48 牆數: 4 級數: Intermediate
編舞者: Heidi Van Sinten (NL) - March 2015
音樂: Shut Up and Dance - WALK THE MOON



Intro ; 8 counts, start on the word "Dare"

[1-8] R Side Rock, Recover, Together, L Side Rock, Recover, Cross, Side, 1/4 turn L Sailor Step

1-2 RF rock to the right, weight back on LF □ (12)
&3-4 RF step next to LF, LF rock to the left, weight back on RF
5-6 LF cross over RF, RF step to the right
7&8 turn ¼ left step LF back, RF step a little to the right, LF step a little to the left □ (9)

[9-16] R Shuffle Forward, L Rock, Recover, LF Backwards, RF Backwards, 1/2 turn L Shuffle

1&2 RF step forward, LF step next to RF, RF step forward
3-4 LF rock forward, weight back on RF
5-6 LF walk back, RF walk back
7&8 turn 1/4 left step LF to the side, RF step next to LF, turn 1/4 left step LF forward (3)

[17-24] RF forward, 1/2 turn left, Together, LF forward, RF forward, Step left, Touch, R Heel-Ball-Cross

1-2 RF step forward, turn 1/2 left (weight on LF) (9)
&3-4 RF step next to LF, LF step forward, RF step forward
5-6 LF big step to the left, RF touch next to LF
7&8 RF touch heel diagonal R forward, RF step next to LF, LF cross over RF

[25-32] R Side Rock, Recover, Chassé 1/4 turn R, Step Forward, 1/2 turn R, Full turn R forward

1-2 RF rock to the right (use hips), weight back on LF
3&4 RF step to the side, LF step next to RF, turn 1/4 right step RF forward □ (12)
5-6 LF step forward, turn 1/2 right (weight on the RF) (6)
7-8 turn 1/2 right step LF back, turn 1/2 right step RF forward (6)

[33-40] □ L Rock forward, Recover, L Out, R Out, L knee in, L knee out, L Heel, L Behind-Side-Cross

1-2 LF rock forward, weight back on RF
&3-4 LF step out, RF step out, turn left knee in
5-6 turn left knee out, LF touch heel diagonal left forward
7&8 LF cross behind RF, RF step to the side, LF cross over RF * RESTART HERE IN wall 3 & 5
 □ (6)

[41-48] R Side Rock, Recover, R Cross Shuffle, 1/4 turn right, Side, L Cross Shuffle

1-2 RF rock to the side, weight back on LF
3&4 RF cross over LF, LF step to the side, RF cross over LF
5-6 turn 1/4 right step LF back, RF step to the side
7&8 LF cross over RF, RF step to the side, LF cross over RF (9)

Start again & keep on smiling !!

RESTARTS; In wall 3 & 5 there's a restart after count 40,
So finish the 5th section with the Behind-Side-Cross and start the dance again...

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