

Shut Up And Dance

COPPER KNOB
STEPPERS

拍數: 48 牆數: 4 級數: Improver
編舞者: Jill Weiss (USA) - May 2015
音樂: Shut Up and Dance - WALK THE MOON



#8 Count intro

S1: ROCKING CHAIR (WITH LOOK BACK!), SHUFFLE FORWARD, ROCK, RECOVER

- 1-2 Rock forward on right, recover to left
- 3-4 Rock back on right, looking over your right shoulder, recover to left
- 5&6-7-8 Shuffle forward R-L-R, rock forward on left, recover weight to right

S2: SHUFFLE BACK, ROCK/RECOVER, OUT-OUT WITH CLAP, HIP ROLL

- 1&2 Shuffle back L-R-L
- 3-4 Rock back on right, recover to left
- &5-6 Quick hop out on right (&), quick hop out left next to right (5), clap and hold (6)
- 7-8 Hip roll clockwise, ending weight on left

S3: CROSS ROCK, SIDE CHASSE RIGHT, CROSS ROCK, SIDE CHASSE ¼ LEFT

- 1-2 Cross rock right in front of left, recover to left
- 3&4 Side shuffle to right R-L-R
- 5-6 Cross rock left in front of right, recover to right
- 7&8 Side shuffle to left, turning ¼ left L-R-L (9:00)

S4: TOE STRUTS FORWARD WITH HIP BUMPS, OUT-OUT, CLAP, HIP ROLL

- 1&2 Step right toe forward, drop heel down while bumping hip R-L-R
- 3&4 Step left toe forward, drop heel down while bumping hip L-R-L
- &5-6 Quick hop out on right, quick hop out left next to right, clap and hold
- 7-8 Hip roll clockwise, ending weight on left

S5: TWO ½ MONTEREY TURNS TO THE RIGHT

(See below for alternate steps)

- 1 Touch toes of right to the right side
- 2 Pivot ½ turn right on ball of left and step right next to left (3:00)
- 3 Touch toes of left to left side
- 4 Step left next to right
- 5 Touch toes of right to the right side
- 6 Pivot ½ turn right on ball of left and step right next to left (9:00)
- 7 Touch toes of left to left side
- 8 Step left next to right

(RESTART HERE ON WALLS 3 AND 5)

S6: K STEPS, SCUFF RIGHT

- 1-2 Step R diagonal forward, touch left next to right
- 3-4 Step L diagonal back, touch right next to left
- 5-6 Step R diagonal back, touch left next to right
- 7-8 Step L diagonal forward, scuff right, ready to begin again

s5: Alternate steps for Monterey turns (5th set of eight)

- 1-2 Touch right foot to right side, step right foot next to left
- 3-4 Touch left foot to left side, step left foot next to right
- 5-6 Touch right foot to right side, step right foot next to left

7-8

Touch left foot to left side, step left foot next to right

Restart on walls 3 and 5 at count 40 – dance through the Monterey turns and omit the K Steps (last set of eight)
