

Shut Up

拍數: 96 牆數: 2 級數: Phrased Intermediate
編舞者: Wendy Teh (MY) - December 2017
音樂: Shut Up - D-LITE : (from Big Bang)



Intro : 32 counts (You can do A- , if don't want waste the music, hezzz....)
Sequence : ABB, ABB, A-(32 cts), Tag, BBB

Part A (64cts)

[A1] Step R Diagonally Fwd, Heels Rise Up-Down, Behind Side Cross, Step L Diagonally Fwd, Bounce, Behind Side Cross

1&2 step R to diagonal, rise heels up & down
3&4 cross R behind L, step L to L, cross R over L
5&6 step L to diagonal bounce twice (56), recover on R
7&8 cross L behind R, step R to R, cross L over R

[A2] Step R Twist R, Twist L ¼ R, R Coaster Step, Pivot ½ R, ¾ L Triple Step

12 step R out twist heels R, twist Heels L ¼ turn R (3.00)
3&4 step R back, step L next to R, step R fwd
5 6 step L fwd, pivot ½ turn R (9.00)
7&8 L shuffle make ¾ turn L (12.00)

[A3] Step Touch Step Touch, Side Together Side Touch

1 - 4 step R to R, touch L diagonally fwd, step L to L, touch R diagonally fwd,
(upper body follow rhythm swing R&L)
5 - 8 step R to R, step L beside R, step R to R, touch L diagonally fwd

[A4] Step Touch Step Touch, Side Together Side Flick

1 - 4 step L to L, touch R diagonally fwd, step R to R, touch L diagonally fwd,
(upper body follow rhythm swing L&R)
5 - 8 step L to L, step R beside L, step L to L, flick R behind L

[A5] Step R Fwd, Sweep ½ R, Step L Fwd, Hitch R ¼ L, Jazz box ¼ R

12 step R fwd, sweep L ½ turn R (6.00)
34 step L fwd, hitch R ¼ turn L (3.00)
5 - 8 cross R over L, ¼ turn R step L back, step R to R, step L fwd (6.00)

[A6] Step R Fwd, Hitch ½ R, Touch L In-Out, Rolling 1 ¼ L, Sweep R ¼ L

12 step R fwd, hitch L ½ turn R (12.00)
34 touch L next to R, touch L out
5&67 ¼ turn L step L fwd, ½ turn L step R back, ½ turn L step L fwd (9.00)
8 ¼ turn L sweep R fr back to front (6.00)

[A7] Rock R Fwd, Recover L ½ R, Rock R Fwd, Recover L, R Coaster Step, Anchor Step

1 - 4 Rock R fwd, recover on L while ½ turn R, rock R fwd, recover on L (12.00)
5&6 step R back, step L next to R, step R fwd
7&8 step L behind R hitch R, step R in place, step L behind R hitch R

[A8] Step Out-Out, Clap, Drop Head, Bump Hip

1 2 step R to R (R hand slap R hip), step L to L (L slap L hip)
3&4 clap hands and hold (3), drop head to R side and recover (&4)
5 - 8 bump hips R-L-R-L

Part B (32 cts)

B1: Touch, Out-Out-In-Cross Travelling Forward, Unwind Full Turn R, Running Step

- 1 touch R beside L, put L index finger on lips (shut up)
&2&3 step R out, step L out, step R in, cross L over R (travelling fwd)
&4&5 step R out, step L out, step R in, cross L over R (travelling fwd)
6 7&8 unwind full turn R weight on L, step in place R-L-R (slightly apart)

B2: Touch, Out-Out-In-Cross Travelling Backward, Unwind Full Turn R, Running Step

- 1 touch L beside R, put R index finger on lips (shut up)
&2&3 step L out, step R out, step L in, cross R over L (travelling bwd)
&4&5 step L out, step R out, step L in, cross R over L (travelling bwd)
6 7&8 unwind full turn L weight on R, step in place L-R-L (slightly apart)

B3: Jump Cross-Apart, L-R Sailor Step, Body Roll R-L

- 1 jump cross R over L (cross both index finger on lips),
2 jump apart R-L weight on R (open both hand down to side)
3&4 5&6 L sailor step, R sailor step
7 8 body roll to R, body roll to L

B4: Walk or Hopping ½ L, Side Touch Back x2

- 1 - 4 walk in a circle R-L-R-L making ½ turn L
Or hopping with both feet 4 times make ½ turn L
5 - 8 step R to R, touch L behind R, step L to L, touch R behind L

Tag (8 cts) :

- 1 - 4 step R fwd open hand fr chest to front (let you go)
5 - 8 step L next to R slowly press hands down
(free to add in any movement you like)

**Ending : Last B will start at 12.00, to end at main wall, walk a circle or hopping FULL turn L,
Then step R fwd open hands fr chest to front (let you go)**

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