

# Buddy Gonna SHUT YOU DOWN

**COPPER** KNOB  
STEPSHEETS

拍數: 48      牆數: 4      級數: Easy Beginner  
編舞者: Val Saari (CAN) - March 2019  
音樂: Shut Down - The Beach Boys



## HEEL BOUNCES X 8 (RRRR,LLLL)

1-4      With feet apart, Bounce on RF heel four times/ Point right hand at 12:00, 1:00 2:00, 3:00 o'clock  
5-8      Bounce on LF heel four times/ Point left hand at 12:00, 11:00, 10:00, 9:00 o'clock

## HEEL FANS (RRLL)

1-4      Fan heels, RR  
5-8      Fan heels, LL

\*\*\*\*\* (optional RESTART, wall 4)

## TWIST ON THE SPOT X 2 WITH FINGER SNAPS (RLR, LRL)

1-4      Bend Knees, Twist Heels To R, Twist Heels To L, Twist Heels R, Snap fingers  
5-8      Bend Knees, Twist Heels To L, Twist Heels R, Twist heels to L, Snap fingers

## TOE STRUT V-STEP

1-4      Touch RF toe diagonally forward (1:00), Step heel down, Touch LF toe diagonally forward (11:00), Step heel down  
5-8      Touch RF toe behind to centre, Step heel down, Touch LF toe beside R, Step heel down

## HEEL STRUTS MAKING 1/4 TURN TO LEFT ("ARC" PATTERN)

1-4      Step RF forward Heel-Toe, Step LF heel forward Heel-Toe  
5-8      Step RF forward Heel-Toe, Step LF heel forward Heel-Toe

## RUN BACK RLRL, HIP BUMPS X 4 (RLRL)

1-4      Run back RF, LF, RF, LF  
5-8      Bump hips, Right, Left, Right, Left

\*\*\*\*\*There is One Optional Restart on Wall 4

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