

Shut Up and Waltz

拍數: 48 牆數: 4 級數: Intermediate
編舞者: Tom Anderson (UK) - October 2019
音樂: Shut Up and Dance - Aaron Watson



Intro: 24 counts, start on lyrics

S1 - Step, Point, Hold, Back, Point, Hold

1, 2, 3 Step Left Forward, Point Right Toe to Right Side, Hold
4, 5, 6 Step Right Back, Point Left Toe to Left Side, Hold

(Optional Turn for 4-6, full turn right onto right foot, point, hold – Monterray full turn)

S2 - Twinkle, Twinkle $\frac{1}{4}$

1, 2, 3 Cross Left over Right, Step Right beside Left, Step Left beside Right
4, 5, 6 Cross Right over Right, Step $\frac{1}{4}$ Right, Step Right beside Left*

* Restart here on wall 2

S3 - Weave, $\frac{1}{4}$ turn, Step, Pivot-Half

1, 2, 3 Cross Left over Right, Step Right beside Left, Cross Left Behind Right
4, 5, 6 Step $\frac{1}{4}$ turn onto Right, Step Forward Left, Pivot $\frac{1}{2}$ turn Right onto Right

S4 – Step, $\frac{1}{2}$ Turn, $\frac{1}{2}$ Turn, Step Forward, Tap, Tap

1, 2, 4 Step Forward Left, Full Turn forward ($\frac{1}{2}$, $\frac{1}{2}$) stepping Right, Left
4, 5, 6 Step Forward Right, Tap Left beside Right twice*

*Restart here on walls 5 & wall 9 (after the instrumental break)

S5 – Back, Tap, Tap, Step, Point, Hold

1, 2, 3 Step Back Left, Tap Right beside Left twice
4, 5, 6 Step Right Forward, Point Left Toe to Left Side, Hold

S6 - Back, Sweep, Behind, Side, Cross

1, 2, 3 Step Back Left, Sweep Right Foot around behind Left (over 2 counts)
4, 5, 6 Step Right Behind Left, Step Left to Left Side, Cross Right in front of Left

S7 - Side-Rock, Recover, Cross, $\frac{1}{4}$, Side, Cross

1, 2, 3 Rock Left out to Left Side, Recover Weight to Right, Cross Left over Right
4, 5, 6 Step $\frac{1}{4}$ turn back on Right, Step Left to Left Side, Cross Right over Left

S8 – Side-Rock, Recover, Cross, $\frac{1}{4}$, $\frac{1}{4}$, Step

1, 2, 3 Rock Left out to Left Side, Recover Weight to Right, Cross Left over Right
4, 5, 6 Step $\frac{1}{4}$ turn back on Right, Step $\frac{1}{4}$ turn onto Left, Step Right Forward

***3 x Restarts on walls 2, 5 and 9

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