

Shut Up

拍數: 64 牆數: 2 級數: Phrased Intermediate
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音樂: Dance For The Hell Of It - LOVA



***The given directions and clock reference are referred to the 1st wall

PART A (32 counts)

*1ST SECTION SIDE SHUFFLE, FULL TURN, ROCK BACK, STOMP, STOMP

1&2 Open L to L side – Close R beside L – Open L to L side
3-4 ½ Turn R stepping R fwd – ½ Turn R stepping L back
5-6 Rock step R back – Recover weight on L
7-8 Stomp R fwd – Stomp L fwd

*2ND SECTION STEP, HOOK, HEEL, FLICK, STOMP, SWIVEL, HEEL STAND

1&2 Step R fwd – Hook L behind R (Slap with R hand) – Recover & Heel touch R fwd
3-4 Flick R to R side (Slap with R hand) – Stomp Up R fwd
5-6 Swivel R point to R side - Recover
7-8 Heel Stand R - Recover

*3RD SECTION SIDE SHUFFLE (X2), STEP, SLIDE, STEP, SCUFF

1&2 Open R to R side – Close L beside R – Open R to R side
3&4 (Turn ¼ L – to h.9.00) Open L to L side – Close R beside L – Open L to L side
5-6 (Turn ¼ L – to h.6.00) Long Step R to diagonal R - Slide L beside R
7-8 Long Step L to diagonal L – Scuff R fwd

*4TH SECTION JAZZ-BOX TURN, TOUCH, STEP, KICK, STOMP-UP

1-2 Cross R over L – Step L back (turning ¼ R – to h.9.00)
3-4 Step R fwd (turning ¼ R – to h.12.00) – Step L fwd
5-6 Touch Point R fwd – Step R fwd
7-8 Kick L fwd – Stomp up L beside R

PART B (32 counts)

*1ST SECTION STOMP, HOLD, ¾ TURN, STEP, POINT (X2), KICK (X2)

1-2 (Turning ¼ R to h.3.00) Stomp R fwd - Hold
3-4 Turn ¼ R to h.6.00 stepping L back – Turn ½ R to h.12.00 stepping R fwd
&5-6 Step L fwd – Touch point R back (twice)
7-8 (Turning ¼ L to h.9.00) Kick L fwd – (Turning ¼ L to h.6.00) Kick R fwd

*2ND SECTION STEP, POINT (X2), KICK, JUMP, STOMP, SWIVET (X2)

&1-2 Step R fwd – Touch point L back (twice)
3&4 Recover weight on L & Kick R fwd – Jump with both feet – Stomp both feet
5-6 On the ball of L foot and heel of R foot, Swivel L heel to the L and R toes to the R - Recover
7-8 On the ball of L foot and heel of R foot, Swivel L heel to the L and R toes to the R - Recover

*3RD SECTION HEEL, RECOVER, HEEL, RECOVER, CROSS, FLICK, SHUFFLE

1-2 Heel touch R fwd - Recover
3-4 Heel touch L fwd - Recover
5-6 Cross R over L – Flick L to L side (turning your body to diagonal R & Slap with L hand)
7&8 Shuffle L fwd diagonal R direction

*4TH SECTION HALF TURN, HOOK, SHUFFLE, SIDE ROCK, ROCK BACK

1-2 Turn ½ L to the opposite diagonal stepping R back –

Turn ½ L to the original diagonal doing a Hook with L foot cross over R

- 3&4 Shuffle L fwd diagonal direction
5-6 (Facing to h.6.00) Rock Step R to R side – Recover weight on L
7-8 Rock Step R back – Recover weight on L

TAG 1 (8 counts)

#1ST SECTION OPEN, HOLD, OPEN, HOLD, HIP ROLL (X2)

- 1-2 Open R to R diagonal side with a big rounded step - Hold
3-4 Open L to L diagonal side with a big rounded step - Hold
5-6 Roll your hips with a circling movement from R to L in 2 counts
7-8 Roll your hips with a circling movement from R to L in 2 counts

TAG 2 (16 counts)

#1ST SECTION STOMP, HOLD, ¾ TURN, STEP, POINT (X2), KICK (X2)

- 1-2 (Turning ¼ R to h.3.00) Stomp R fwd - Hold
3-4 Hold - Hold
5-6 Turn ¼ R to h.6.00 stepping L back – Turn ½ R to h.12.00 stepping R fwd
7-8 Hold – Hold

#2ND SECTION STEP, POINT (X2), KICK, JUMP, STOMP, SWIVET (X2)

- &1-2 Step L fwd – Touch point R back (twice)
3&4 Recover weight on R & Kick L fwd – Jump with both feet – Stomp both feet
5-6 On the ball of L foot and heel of R foot, Swivel L heel to the L and R toes to the R - Recover
7-8 On the ball of L foot and heel of R foot, Swivel L heel to the L and R toes to the R - Recover

Hope you have fun and enjoy dancing SHUT UP
