

Keep Quiet!

拍數: 32 牆數: 4 級數: Improver
編舞者: Sobrielo Philip Gene (SG)
音樂: Shut Up - Black Eyed Peas



TOE STRUT X4, MOVING FORWARD

1-2 Touch right toe forward, step right down
3-4 Touch left toe forward, step left down
5-6 Touch right toe forward, step right down
7-8 Touch left toe forward, step left down

Doing this snap your right fingers on counts 2,4,6,8

First 8 is slow according to the music: when she sings I try to take it slow.

TOE SWITCHES, HOLD, TOE SWITCHES, HOLD

1&2 Point right to right, step right beside left, point left to left
&3-4 Step left beside left, point right to right, hold
&5&6 Step right beside left, point left to left, step left beside right, point right to right
&7-8 Step right beside left, point left to left, hold

For fun when doing the both hold counts shout

CROSS SHUFFLE, SIDE ROCK, CROSS SHUFFLE, SIDE ROCK

1&2 Cross left over right, step right to right, cross left over right
3-4 Put weight on to left, replace weight onto right
5&6 Cross right over left, step left to left, cross right over left
7-8 Rock right to right, replace weight onto left

STEP FORWARD ½ TURN, FORWARD SHUFFLE, STEP FORWARD ¼ TURN, STOMP, STOMP

1-2 Step forward left make ½ turn right, transfer weight onto right
3&4 Step left forward, step right beside left, step left forward
5-6 Step forward right make ¼ turn left transfer weight onto left
7-8 Stomp right beside left, stomp left beside right

REPEAT

TAG

Optional

On the 10th wall (back wall) after the 9th wall do this 4 count tag:

1 Put both hands on head
2-4 Sway hips right, left, right