

# Shut Up And Dance

拍數: 64      牆數: 1      級數: Intermediate  
編舞者: Kirsi-Marja Vinberg (FIN)  
音樂: AM to PM - Christina Milian



## TOUCH, TURN ½, TOUCH, HEEL JACK, TOUCH, TURN ½, TOUCH

- 1&2      Touch right toe to side, turn ½ left with the left foot, touch right toe to side  
&3&4      Step right foot in place, touch left heel diagonal. Front left, step left in place, step right foot together  
&5&6      Step left foot to side and backwards, touch right heel diagonal. Front right, step right in place, touch left beside right  
7&8      Touch left toe to side, turn ½ left with right foot, touch left toe to side

## FORWARD, HEEL-SPLIT, STEP, SWIVEL & TURN ¼ LEFT, SCISSORS

- 9&10      Step left forward, turn both heel out, in  
11&12      Step right forward; as you turn your heels to right, turn ¼ left; then turn the heels to the center  
13&14      Scissors: step right to side, step left together, step right across left  
15&16      Step left to side, step right together, step left across right

## BRUSH/SCUFF, HITCH, STEP, TOUCH, TOGETHER, TOUCH, SAILOR STEP WITH ½ TURN RIGHT, TOUCH, TOGETHER, TOUCH, TOGETHER

- 17&18      Brush/scuff with your right foot, hitch the right knee, step right foot forward  
19&20      Touch left toe to side, step left together, touch right toe to side  
21&22      Sailor step: step right behind left, step left in place and turn ½ right, step right in place  
&23&24      Touch left toe to side, step left together, touch right toe to side, step right together

## BRUSH BACK, HITCH, STEP, HEEL SWITCHES, SKATES AND TURN ¼ LEFT

- 25&26      Brush left foot back, hitch left foot, step left forward  
27&28&      Touch right heel forward/diagonal. Forward, step right together, touch left heel forward/diagonal. Forward, step left together  
29&30&      Skate forward with right ball, press heel down, skate forward with left ball, press heel down and turn ¼ left(12:00)  
31&32      Touch right toe to side, touch right toe beside the left foot, touch right toe to side, step right foot together

## TOUCH, TURN ½, TOUCH, HEEL JACK, TOUCH, TURN ½, TOUCH

- 33&34      Touch left toe to side, turn ½ left with your right foot, touch left toe to side  
&35&36      Step left in place, touch right heel diagonal. Forward, step right in place, step left together  
&37&38      Step right foot to side and backwards, touch left heel diagonal. Forward, step left in place, touch right foot beside left  
39&40      Touch right toe to side, turn ½ right with the left foot, touch right toe to side

## FORWARD, HEEL-SPLIT, STEP, SWIVEL WITH ¼ TURN RIGHT, SCISSORS

- 41&42      Step right forward, turn both heels out, in  
43&44      Step left forward; as you turn both heel to left, turn ¼ right, turn the heels to the center  
45&46      Step left to left side, step right together, step left across right  
47&48      Step right to right side, step left together, step right across left

## BRUSH/SCUFF, HITCH, STEP, TOUCH, TOGETHER, TOUCH, SAILOR STEP WITH ½ TURN LEFT, TOUCH, TOGETHER, TOUCH, TOGETHER

- 49&50      Brush/scuff left forward, hitch the left knee, step left forward  
51&52      Touch right toe to side, step right together, touch left toe to side

53&54 Sailor step: step left behind right, step right in place and turn  $\frac{1}{2}$  left, step left in place  
&55&56 Touch right toe to side, step right together, touch left toe to side, step left together

**BRUSH BACK, HITCH, STEP, HEEL SWITCHES, SKATES WITH  $\frac{1}{4}$  TURN RIGHT**

57&58 Brush right foot back, hitch right knee, step right foot forward

59&60& Touch right heel forward/diagonal. Forward, step right together, touch left heel forward/diagonal forward, step left together

61&62& Skate left ball forward and press the heel down, skate right ball forward, step right heel down and turn  $\frac{1}{4}$  right

63&64& Touch left toe to side, touch left toe beside right, touch left toe to side, step left foot together

**REPEAT**

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