

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
