

Shut Up And Dance

COPPER KNOB
BY STEPHEN

拍數: 32 牆數: 2 級數: Intermediate hip hop
編舞者: Michael Diven (USA)
音樂: Shut Up - Nick Lachey



HITCH, STEP, KNEE POPS, STEP SLIDE, LEFT SAILOR

1-2& Hitch right knee up and side step to the right, hold
3&4 Pop right knee in, out, in
5 Step right foot out to the right side
6 Slide left next to right (keep weight on right foot)
7&8 Left sailor step

KICK, TOUCH, ½ PIVOT, HITCH, STEP, DRAG, LEFT CHASSE

1-2 Kick right foot forward, touch right toe back
3 Pivot ½ turn to the right (weight on right foot)
4 Hitch left knee up
5-6 Step left foot to left side, bring right foot next to left
7&8 Step left foot to left side, slide right next to left, side step left

CROSS ROCK, RECOVER, RIGHT SHUFFLE WITH ¼ TURN, CROSS, UNWIND, LEFT CHASSE

1-2 Cross rock right over left, recover weight to left
3&4 Right shuffle with a ¼ turn to the right
5-6 Cross left over right, pivot one full turn to the right
7&8 Chasse to the left side (left side shuffle)

TOUCH, PIVOT, CROSS ROCK, RECOVER, SIDE STEP, HOLD, RIGHT SAILOR WITH ¼ TURN, STEP LEFT

1-2 Touch right toe behind left foot, pivot ½ turn to the right
3-4 Cross rock left over right, recover weight to right
5&6& Step left to left side, hold, step right next to left and side step left, hold
7&8 Right sailor step with ¼ turn to the right
& Step forward on the left foot

REPEAT

When doing this dance to "Shut Up" be sure to drop the first hold in the first 8 counts
