

# Shut Up And Dance

**COPPERKNOB**  
BY STEPHENETS

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

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