

# Shut Up And Dance

COPPER KNOB  
STEPSHEETS

拍數: 40      牆數: 4      級數: Beginner east coast swing  
編舞者: Lynn Luccisano (USA) & Peter Brotsch (USA)  
音樂: I Ain't No Quitter - Shania Twain



## WEST SIDE JAZZ BOX

1-4              Cross step right over left, hold, step back on left, hold  
5-8              Step right to right side, hold, cross step left over right, hold

**Styling: swing your arms forward & back with each step, i.e., right arm forward when stepping on right foot and left arm forward when stepping on left foot (think West Side Story)**

## STEP BACK, ¼ TURN LEFT, STOMP RIGHT TWICE

9-12            Step back on right, hold, step left to left side making ¼ turn left, hold  
13-16           Stomp right foot in place, hold, stomp right foot in place, hold

## SWIVEL RIGHT TOES & HEEL TO RIGHT SIDE TWICE, RETURN RIGHT HEEL & TOES NEXT TO LEFT

17-18           Swivel right toes to right side, swivel right heel to right side  
19-20           Swivel right toes to right side, swivel right heel to right side  
21-22           Swivel right heel to left, swivel right toes to left  
23-24           Swivel right heel to left, swivel right toes to left

**Styling: place right hand on right knee and lean to right**

## JUMP FORWARD & BACK TWICE WITH CLAPS

&25-26           Jump forward right, left, hold & clap  
&27-28           Jump back right, left, hold & clap  
&29-30           Jump forward right, left, hold & clap  
&31-32           Jump back right, left, hold & clap

## TWO ½ PIVOT TURNS WITH SNAPS

33-36           Step forward right, hold & snap, pivot ½ turn left, hold & snap  
37-40           Step forward right, hold & snap, pivot ½ turn left, hold & snap

## REPEAT

While doing steps 1-8, swinging your arms with the beat of the music looks real cool

While doing steps 25-32, clapping your hands looks even cooler

While doing steps 33-40, snapping the fingers of your right hand looks the coolest (think West Side Story style)