

# Shut Up & Dance!

拍數: 32      牆數: 4      級數: Intermediate/Advanced  
編舞者: Maureen Jones (UK) & Michelle Jones (UK)  
音樂: Shut Up And Dance - Liberty X



## HEEL TOUCH, SHUFFLE, TOUCHES, ¼ TURN LEFT, HITCH, POINT, HITCH, ¼ TURN RIGHT, STEP, TAPS

- 1&      Touch right heel forward, step right beside left  
2&3      Shuffle forward stepping left, right, left  
4-5      Touch right toe forward (bend left knee and lean back), touch right toe back (bend left knee and lean forward)  
&6&7      Make ¼ turn left and hitch right knee, point right to right, hitch right knee, make ¼ turn right and step right diagonally back right  
&8      Tap left in front of right, tap left across right

## DIAGONAL HIP BUMPS, DIAGONAL SHUFFLE, ROCK, ¼ TURN WITH LONG STEP, ELVIS KNEE-STEP-TOUCH

- 9-10      Touch left diagonally forward left and bump hips left, bump hips diagonally back right  
11&12      Shuffle diagonally forward left stepping left, right, left (emphasize with Cuban hips)  
13&14      Rock right forward, recover back onto left, make ¼ turn right and step right long step right  
15&16      Keeping left toe in place drop left knee towards right (turn head right), step left to left (return head to front), touch right beside left

## HITCH, TOUCH, HITCH, STEP, HITCH WITH ½ TURN, TOUCH, HITCH, STEP, HIP BUMPS

- &17&18      Hitch right knee, touch right to right, hitch right knee, step right slightly further to right  
&19&20      Hitch left knee and make ½ turn right, touch left to left, hitch left knee, step left slightly further to left  
21&22      Bump hips left, right, left, gradually bending knees and lowering body on each bump  
23&24      Bump hips right, left, right, gradually straightening knees and raising body to original position

## CROSS-ROCK-SIDE, STEP-CROSS-POINT, CROSS, MONTEREY ½ TURN WITH HITCHES

- 25&26      Rock left across right, recover weight on right, step left long step left  
27&28      Step right beside left, step left across right, point right to right (bend left knee and make point a sharp, precise movement)  
29&30      Step right across left, hitch left knee, point left to left  
&31&32&      Hitch left knee and make ½ turn left, step left beside right, hitch right knee, point right to tight, hitch right knee

## REPEAT

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