

# Shut Up!

拍數: 32      牆數: 2      級數: Improver  
編舞者: A1C (WLS)  
音樂: Shut Up... And Forget About It - Dane Bowers



## KICK & STEP, & ¼ LEFT, COASTER, ROCK

1&2      Right kick forward, right step together, left step forward  
**(1) right shoulder up, (&) left shoulder up, (2) head look down to left side**  
&3-4      Left foot step together, right step forward, pivot a ¼ turn left  
5&6      Right coaster step  
7-8      Left step forward bumping hips forward, rock weight back onto right foot

## WEAVE, STEP, KICK ½, WEAVE

9&10      Left cross behind right, right step side, left crossover right  
11      Right step forward,  
&      Left foot kick forward  
12      Pivot a ½ turn left and kick left forward  
13&14&      Left cross behind right, right step side, left cross over right, right step side  
15&16      Left cross behind right, right step side, left step forward

## &, STEP, PIVOT TWICE, CHUGS, CROSS, UNWIND

&17-18      Left step together, right step forward, pivot a ¼ turn left  
19-20      Right step forward, pivot a ½ turn left  
21-22      Two right chugs to make a ½ turn left  
23-24      Right cross over left, unwind a ½ turn left

## QUICK MAMBOS, HEEL

25&26      Right step forward, rock weight onto left, right step together  
&27&      Left step back, rock weight onto right, left step together  
28      Right heel touch forward

&29      Right foot step together, left foot step forward  
30      Hold  
31-32      Sweep right foot around to make a 1 and ¼ turn left

## Alternate ending

&29      Right foot step together, left kick forward  
30      Left cross over right  
31-32      Unwind a ¾ turn right

## REPEAT

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