

Shut Up & Hold On

COPPERKNOB
STEPSHETS

拍數: 32 牆數: 4 級數: Low Intermediate
編舞者: Paula Frohn (USA) & Ed Evangelista (USA) - December 2013
音樂: Shut up and Hold On - Toby Keith



Dance starts on vocals (after 32 counts)

[1-8] SYNCOPATED ROCKING CHAIRS, SHUFFLE FORWARD, REPEAT OPPOSITE FOOTWORK

1&2& Rock RF forward, replace on LF, rock back RF, replace on LF
3&4 Shuffle forward R-L-R
5&6& Rock LF forward, replace on RF, rock back on LF, replace on RF
7&8 Shuffle forward L-R-L

After 1st set (facing 3 o'clock), do first 8 counts and Restart

[9-16] ROLL HIPS WHILE PIVOT ¼ LEFT TWICE, SYNCOPATED ROCKS, STEP FORWARD

1-2 Step forward RF, roll hips counter clockwise while pivot ¼ turn left change weight to LF
3-4 Step forward RF, roll hips counter clockwise while pivot ¼ turn left change weight to LF
5&6& Cross rock RF in front of LF, replace on LF, rock RF to right side, replace on LF
7&8 Rock RF back, replace on LF, step forward RF

[17-24] STOMP FORWARD, HOLD (OPTIONAL ARMS), BODY ROLL, SHUFFLE FORWARD, ROCK FORWARD/REPLACE, ¼ LEFT STEP

1-2 Stomp LF forward, hold (optional: extend arms like holding on motorcycle handle bars)
3&4 Sit & body roll up end weight on LF (optional: roll hips counter clockwise)

After the 3rd set (6 o'clock) only do 20 counts and Restart

5&6 Shuffle forward R-L-R
7&8 Rock L forward, replace weight on RF, turn ¼ left, step LF side

[25-32] SHUFFLE FORWARD, ROCK FORWARD, REPLACE, COASTER STEP, STOMP, HOLD W/SHOULDER SHRUGS

1&2 Shuffle forward R-L-R
3-4 Rock LF forward, replace on RF
5&6 Step LF back, RF next to LF, step LF forward
7&8 Stomp RF forward (Keeping weight on LF), hold (optional: shoulder shrug-left shoulder down while right shoulder up then right shoulder down while left should up or hip roll)

Enjoy! Happy New Year 2014!

Contacts : jusgotta@megahits.com - eje48@aol.com