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| Shut Up And Dance |  |

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| **Count:** | 48 | **Wall:** | 4 | **Level:** | Intermediate | . |
| **Choreographer:** | Alison Metelnick (UK) & Peter Metelnick (UK) - March 2015 |
| **Music:** | Shut Up and Dance - WALK THE MOON |
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**\*\*Thank you to Michael McKenzie for suggesting the song \*\***

**Start after 8 count intro – 3mins 17secs – 128bpm**

**[1-8] R fwd shuffle, L fwd, ½ R pivot turn, L fwd, ½ L stepping R back, walk back 2**

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| 1&2 | Step R forward, step L together, step R forward |

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| 3-4 | Step L forward, pivot ½ right (6 o’clock) |

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| 5-6 | Step L forward (extended 5th), turning ½ left step R back (12 o’clock) |

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| 7-8 | Step L back, step R back |

**ENDING: Final wall will start facing front and dance first 8 counts to bring you to front wall. Touch L heel forward, HOLD. Ta Da the end!**

**[9-16] L heel fwd, hold, L together, R heel fwd, hold, R together, R back, weave 2, L sailor step**

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| 1-2& | Touch L heel forward, hold, step L together |

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| 3-4& | Touch R heel forward, hold, step R back |

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| 5-6 | Cross step L over R, step R side |

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| 7&8 | Cross step L behind R, step R side, step L side |

**[17-24] R touch back, ½ R unwind, R weave 2, L touch back, ¾ L unwind, walk fwd 2**

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| 1-2 | Touch R back, unwind ½ right stepping down on R (6 o’clock) |

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| 3-4 | Cross step L over R, step R side |

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| 5-6 | Touch L behind, unwind ¾ left stepping down on L (9 o’clock) |

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| 7-8 | Step R forward, step L forward |

**WALL 6 RESTART: During wall 6 which starts facing front wall you will dance the first 24 counts and Restart the dance facing left side wall.**

**[25-32] R & L apart, knee pops R-L-R, R ball cross, R side, L behind-side-cross**

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| &1-2 | Step R apart, step L apart, pop R knee in |

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| 3-4& | Pop L knee in, pop R knee in, step R back |

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| 5-6 | Cross step L over R, step R side |

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| 7&8 | Cross step L behind R, step R side, cross step L over R |

**[33-40] R side, hold, L together, R side, L together, ¼ R fwd, L touch, L back, R touch**

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| 1-2& | Step R side, hold, step L together |

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| --- | --- |
| 3-4 | Step R side, step L together |

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| 5-8 | Turning ¼ right step R forward, touch L together, step L back, touch R together (12 o’clock) |

**WALL 3 RESTART: During wall 3 which starts facing back wall you will dance the first 40 counts and Restart the dance facing back wall.**

**[41-48] R kick ball change, R fwd, L side point, L fwd shuffle, R fwd, ¼ L pivot turn**

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| 1&2 | Kick R forward, step R together, step L together |

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| 3-4 | Step R forward, point L side |

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| --- | --- |
| 5&6 | Step L forward, step R together, step L forward |

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| --- | --- |
| 7-8 | Step R forward, pivot ¼ left (9 o’clock) |

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