Shut Up and Dance



拍数: 48 墙数: 0 级数: Intermediate

编舞者: Cody Flowers (USA) - February 2015 音乐: Shut Up and Dance - WALK THE MOON



Awards: USLDCC 2nd Place Intermediate/Advanced at The Big Bang Dance Classic 2015

*2 Restarts (wall 3 & 5)

(4.0) Couff	Touch Back	3/ Turn I	Sailer Sten	Sailor Stop
(1-8) SCHIT	LOUCH BACK	% HIII I	Salior Step	Salior Step

12	Scuff R	Touch R hack

3 4 Twist body R (to look back at 6:00), ¾ Turn left stepping R to R side (9:00)

Step L behind R, Step R to R side, Step L to L sideStep R behind L, Step L to L side, Step R to R side

(9-16) Hitch, Toe Touch, Knee Pops, & Rock Recover, & Rock Recover

1 2 Hitch L knee across body, STEP L back to L

3 4 Pop R knee toward L, Pop L knee toward R Thank you! Cody &56 Step R beside L, Rock L to L side, Recover weight on R &78 Step L beside R, Rock R to R side, Recover weight on L

(17-24) & Rock Recover, Back Lock Back, ¾ Turn R, Behind Side Cross

&12	Sten R heside I	Sten I forward	rocking onto I	Recover weight on R
X IZ	OTED IV DESIDE F	Steb L Ibi wai u	TOCKING ONLO L.	DECOVEL MEIGHT OH D

3&4 Step back on L foot, Lock R over L, Step back on L foot

5 6 ¼ Turn R stepping R to R side (12:00), ½ Turn R stepping L to L side (6:00)

7&8 Step R behind L, Step L to L side, Cross R over L

(25-32) Rock Recover, Behind Side Cross, Big Slide, Together, ¼ Coaster Step

1 2 Rock L to L side, Recover weight on R

3&4 Step L behind R, Step R to R side, Cross L over R

5 6 Large step R to R side, Drag L to R foot

(33-40) Kick and Touch, Kick and Touch, Cross in Front, Cross in Front

1&2	Kick R foot forward, Step R beside L, Touch L to L side
3&4	Kick L foot forward, Step L beside R, Touch R to R side

Cross R over L, Step L to L side, Step R forwardCross L over R, Step R to R side, Step L forward

(41-48) 1/4 Box Turn, 1/4 Box Turn

1 2 Cross R over L, 1/4 Turn R stepping back on L (6:00)

3 4 Step R forward, Step L beside R

5 6 Cross R over L, ¼ Turn R stepping back on L (9:00)

7 8 Step R forward, Step L beside R

Contact: co.flowers@wingate.edu

Last Update: Sept 14th, 2015

^{**}Restart here on Walls 3 & 5.