

Keep Quiet!

拍数: 32 墙数: 4 级数: Improver
编舞者: Sobrielo Philip Gene (SG)
音乐: Shut Up - Black Eyed Peas



TOE STRUT X4, MOVING FORWARD

- 1-2 Touch right toe forward, step right down
- 3-4 Touch left toe forward, step left down
- 5-6 Touch right toe forward, step right down
- 7-8 Touch left toe forward, step left down

Doing this snap your right fingers on counts 2,4,6,8

First 8 is slow according to the music: when she sings I try to take it slow.

TOE SWITCHES, HOLD, TOE SWITCHES, HOLD

- 1&2 Point right to right, step right beside left, point left to left
- &3-4 Step left beside left, point right to right, hold
- &5&6 Step right beside left, point left to left, step left beside right, point right to right
- &7-8 Step right beside left, point left to left, hold

For fun when doing the both hold counts shout

CROSS SHUFFLE, SIDE ROCK, CROSS SHUFFLE, SIDE ROCK

- 1&2 Cross left over right, step right to right, cross left over right
- 3-4 Put weight on to left, replace weight onto right
- 5&6 Cross right over left, step left to left, cross right over left
- 7-8 Rock right to right, replace weight onto left

STEP FORWARD ½ TURN, FORWARD SHUFFLE, STEP FORWARD ¼ TURN, STOMP, STOMP

- 1-2 Step forward left make ½ turn right, transfer weight onto right
- 3&4 Step left forward, step right beside left, step left forward
- 5-6 Step forward right make ¼ turn left transfer weight onto left
- 7-8 Stomp right beside left, stomp left beside right

REPEAT

TAG

Optional

On the 10th wall (back wall) after the 9th wall do this 4 count tag:

- 1 Put both hands on head
- 2-4 Sway hips right, left, right