

# Shut Up And Dance

**COPPER KNOB**  
STEPSHEETS

拍数: 32      墙数: 2  
编舞者: Michael Diven (USA)  
音乐: Shut Up - Nick Lachey

级数: Intermediate hip hop



## HITCH, STEP, KNEE POPS, STEP SLIDE, LEFT SAILOR

- 1-2& Hitch right knee up and side step to the right, hold
- 3&4 Pop right knee in, out, in
- 5 Step right foot out to the right side
- 6 Slide left next to right (keep weight on right foot)
- 7&8 Left sailor step

## KICK, TOUCH, ½ PIVOT, HITCH, STEP, DRAG, LEFT CHASSE

- 1-2 Kick right foot forward, touch right toe back
- 3 Pivot ½ turn to the right (weight on right foot)
- 4 Hitch left knee up
- 5-6 Step left foot to left side, bring right foot next to left
- 7&8 Step left foot to left side, slide right next to left, side step left

## CROSS ROCK, RECOVER, RIGHT SHUFFLE WITH ¼ TURN, CROSS, UNWIND, LEFT CHASSE

- 1-2 Cross rock right over left, recover weight to left
- 3&4 Right shuffle with a ¼ turn to the right
- 5-6 Cross left over right, pivot one full turn to the right
- 7&8 Chasse to the left side (left side shuffle)

## TOUCH, PIVOT, CROSS ROCK, RECOVER, SIDE STEP, HOLD, RIGHT SAILOR WITH ¼ TURN, STEP LEFT

- 1-2 Touch right toe behind left foot, pivot ½ turn to the right
- 3-4 Cross rock left over right, recover weight to right
- 5&6& Step left to left side, hold, step right next to left and side step left, hold
- 7&8 Right sailor step with ¼ turn to the right
- & Step forward on the left foot

## REPEAT

When doing this dance to "Shut Up" be sure to drop the first hold in the first 8 counts