

Shhh!

拍數: 48 牆數: 2 級數: Intermediate / Advanced
編舞者: Nicola Lafferty (UK) - February 2016
音樂: Shut Up & Dance (Acoustic) - Tyler Ward : (Album: Cookin' Covers)



Count In: 32 Count Intro

Note: There is one small tag and restart on Wall 4 after count 16 (see note below)

[1-8] □ □ Walk R, L, Twist ½ Turn x 2, Sweep, Cross & Close, Walks to Diagonal

- 1,2 Walk fwd RF, Walk fwd LF
- 3 Transferring weight to RF, keep feet where they are and look back over R shoulder at 6 o'clock
- 4 Rotate back to 12 o'clock, taking weight to LF and sweeping RF from front to back
- 5&6 Cross RF over LF, Step LF a small step to L side as you angle body to R □ diagonal (1.30), Close RF to LF (still facing 1.30)
- 7,8 Continuing to face 1.30, Walk fwd LF, Walk fwd RF

[9-16] □ □ Rock, Recover, Slide, Ball change, Press, Sweeps Back (all facing 1.30)

- 1,2 Rock LF fwd, Recover weight to RF
- 3&4 Slide LF a big step back, Close RF to LF, Step LF fwd
- 5 Press ball of RF foot fwd, bending R knee
- 6 Step back on LF sweeping RF from front to back
- 7 Step back on RF sweeping LF from front to back
- 8 Step back on LF sweeping RF from front to back

***Tag & restart happens here on Wall 4**

[17-24] □ □ Rock, Recover, Cross Ballchanges x 2, ½ Pivot with Hip Roll

- 1,2 Still facing 1.30, Rock back on RF, recover weight to LF
- 3&4 Making 1/8 turn R to square up to 3.00, Cross RF over LF, Rock LF to L □ side, Recover weight to RF
- 5&6 Cross LF over RF, Rock RF to R side, Recover weight to LF
- 7,8 Step RF fwd, ½ Pivot turn L, rolling hips from L to R (face 9.00)

[25-32] □ □ Side Rock, Recover with Hitch, Behind Side, Cross Rock, Recover, ¼ Turn, Touch

- 1,2 Rock RF to R side, Recover weight to LF
- 3 Step RF in place as you hitch L knee up
- 4& Cross LF behind RF, Step RF to R side
- 5,6 Cross Rock LF over RF, Recover weight to RF
- 7,8 Make ¼ turn L, stepping LF fwd, Touch RF beside LF (face 6.00)

[33-40] □ Single, Single, Double Swing Walks, Repeat

- 1,2 Step RF back to R diagonal as you lift L toe, Step LF back to L diagonal as you lift R toe
- 3&4 Step RF back to R diagonal as you lift L toe, Close LF to RF, Step RF back to R diagonal as you lift L toe
- 5,6 Step LF back to L diagonal as you lift R toe, Step RF back to R diagonal as you lift L toe
- 7&8 Step LF back to L diagonal as you lift R toe, Close RF to LF, Step LF back to L diagonal as you lift R toe

[41-48] □ Coaster Step, Rock Recover, ½ Turn, ¼ Turn, Ballchange, ¼ Turn

- 1&2 Step RF back, Close LF to RF, Step RF fwd
- 3,4 Rock LF fwd, Recover weight to RF
- 5 Make ½ turn over L shoulder, stepping LF fwd (face 12.00)

- 6 Make ¼ Turn to L, stepping RF to R side (face 9.00)
- &7 Close RF behind LF, Step LF in place
- 8 Making ¼ turn L to face 6.00, Step LF fwd

Tag (occurs after 16 counts) you will be facing 7.30:

- 1 Rock RF back, turning head and bringing finger to lips
- 2 Recover weight to LF squaring up to 7.30
- 3 Make 1/8 Turn L to face 6.00 as you touch RF beside LF

Restart the dance again from the beginning
