

Shut Up

拍數: 32 牆數: 2 級數: Beginner
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音樂: Shut Up - Black Eyed Peas



TOUCH X4, ¼ TURN LEFT, HAND MOVEMENT, SIT DOWN AND UP

- 1&2& Touch right toe forward, step right foot next to left, touch left toe forward step left foot next to right
- 3&4 Touch right toe to right side, step right foot next to left, touch left toe to left side
- 5-6 Turn ¼ left, cross open hands forward in front of chest, (the palms of hands away from body)
- 7-8 Bend knees (with hands still up) straighten knees and put weight onto left foot bringing hands down

ROCK STEP, COASTER STEP, STEP TURN, TURN ¼ RIGHT

- 1-2 Step right foot forward, rock weight back onto left
- 3&4 Step back with right foot, step left foot next to right, step right foot forward
- 5-6 Step left foot forward, turn ½ right ending with weight on right foot
- 7&8 Turn ¼ right stepping left foot to left side, step right foot next to left cross left foot in front of right foot

HIP BUMPS, KICK & BOUNCE TWICE

- 1&2 Touch right foot forward and bump hip forward, bump hip backward, bump hip forward and put weight onto right foot
- 3&4 Touch left foot forward and bump hip forward, bump hip backward, bump hip forward and put weight on left foot
- 5&6& Kick right foot forward, step right foot next to left, step left foot to left side put weight back onto right foot
- 7&8& Kick left foot forward, step left foot next to right, step right foot to right side, put weight back onto left foot

KICK, JUMP BACK, BODY ROLL, MODIFIED SCISSOR STEPS

- 1&2 Kick right foot forward, jump back starting with right foot ending shoulder width apart (&2)
- 3-4 Body roll to the left finishing by dragging right foot next to left
- 5&6 Step diagonally back onto right foot, step left foot next to right, cross right foot in front of left
- 7&8 Step diagonally back onto left foot, step right foot next to left, cross left foot in front of right

REPEAT
