

Shut Up And Dance

COPPER KNOB
STEPSHEETS

拍數: 64 牆數: 4 級數: Advanced
編舞者: Jo Thompson Szymanski (USA)
音樂: Unknown



Dance meant to be done Hip Hop style with energy plus

STEPS TO RIGHT

- 1 Step right foot to right side
- & Quickly step left foot next to right foot
- 2 Step right foot to right side
- & Quickly step left foot next to right foot
- 3 Step right foot to right side
- & Drag/slide left foot towards right foot
- 4 Stomp left foot next to right foot (weight on right foot)
- 5 Step left foot to left side
- & Quickly step right foot next to left foot
- 6 Step left foot to left side
- & Quickly step right foot next to left foot
- 7 Step left foot to left side
- & Drag/slide right foot towards left foot
- 8 Stomp right foot next to left foot (weight on left foot)

RUNNING MAN

- 9 Step right foot forward
- & Keeping weight on right foot quickly pull/slide right foot back lifting left knee
- 10 Step left foot forward
- & Keeping weight on left foot quickly pull/slide left foot back lifting right knee
- 11 Step right foot forward
- & With weight on balls of both feet, quickly swivel heels right
- 12 With weight on balls of both feet, quickly swivel heels to center (weight on right foot)
- 13 Step left foot forward
- & Keeping weight on left foot quickly pull/slide left foot back lifting right knee
- 14 Step right foot forward
- & Keeping weight on right foot quickly pull/slide right foot back lifting left knee
- 15 Step left foot forward
- & With weight on balls of both feet, quickly swivel heels left
- 16 With weight on balls of both feet, quickly swivel heels to center (weight on left foot)

HEEL PULLS

- 17 Step right heel to right side
- & Quickly step left foot next to right foot
- 18 Quickly change weight to right foot
- 19 Step left heel to left side
- & Quickly step right foot next to left foot
- 20 Quickly change weight to left foot
- 21 Step right heel to right side
- & Quickly step left foot next to right foot
- 22 Quickly change weight to right foot
- 23 Step left heel to left side
- & Quickly step right foot next to left foot

24 Quickly change weight to left foot

HIP BUMPS, TURN AND HIP SCOOPS

25 Step right foot diagonally forward right bumping hips forward at same time
& Quickly bump hips back
26 Bumps hips forward
27 Step left foot diagonally forward left bumping hips forward at same time
& Quickly bump hips back
28 Bump hips forward (weight on left foot)
29 Step right foot forward leaving left foot in place
30 Turn ½ left keeping weight on right foot
31 Scoop hips forward bending knees to get circle effect
32 Scoop hips forward bending knees to get circle effect

TURNS WITH PUMP STEPS

33 Step left foot ¼ turn left
34 Moving forward step right foot ¼ turn left (coming around left foot to turn)
35 Step left foot back
36 Step right foot back with pumping motion (landing right foot with toe then heel kinda bouncing)
37 Step right foot next to left foot turning ½ left (use ball of left foot to ease that quick turn. Turn should be complete when right foot steps down)
38 Step left foot back with pumping motion (landing left foot with toe then heel kinda bouncing)
39 Step left foot next to right foot turning ½ right (use ball of right foot to ease that quick turn. Turn should be complete when left foot step down)
40 Step right foot back with pumping motion (landing right foot with toe then heel kinda bouncing)

TOE FANS AND STOMPS

41 Stomp right foot forward leaving left foot in place
& With weight on both heels, quickly fan left and right toes out
42 Toes down with weight on right foot
43 Touch/pump left foot to left side
& Lift left knee forward
44 Step left foot next to right foot

TURNS AND ARM PULLS

45 Step right foot diagonally back right (facing slightly right) bending knees and pulling arms in pumping motion (elbows bent, forearms forward from body, hands closed, get the hips into it)
46 Step left foot diagonally back left (facing slightly left) bending knees and pulling arms in pumping motion (elbows bent, forearms forward from body, hands closed, get the hips into it)
47 Step right foot diagonally back right (facing slightly right) bending knees and pulling arms in pumping motion (elbows bent, forearms forward from body, hands closed, get the hips into it)
& Fan left toes to left, swivel right heel to right (facing slightly left)
48 Left toes to center, right heel to center (weight on left foot)

TOE FANS AND STOMPS

49 Stomp right foot forward leaving left foot in place
& With weight on both heels, quickly fan left and right toes out
50 Toes down with weight on right foot
51 Touch/pump left foot to left side
& Lift left knee forward
52 Step left foot next to right foot

TURNS AND ARM PULLS

- 53 Step right foot diagonally back right (facing slightly right) bending knees and pulling arms in
pumping motion (elbows bent, forearms forward from body, hands closed, get the hips into it)
- 54 Step left foot diagonally back left (facing slightly left) bending knees and pulling arms in
pumping motion (elbows bent, forearms forward from body, hands closed, get the hips into it)
- 55 Step right foot diagonally back right (facing slightly right) bending knees and pulling arms in
pumping motion (elbows bent, forearms forward from body, hands closed, get the hips into it)
- & Fan left toes to left, swivel right heel to right (facing slightly left)
- 56 Left toes to center, right heel to center (weight on left foot)

STROLL (CAMEL WALK, LOCK STEP, WHATEVER), SCUFFS AND VINE WITH TURNS

- 57 Step right foot forward
- 58 Step left foot up behind right foot locking left toes to right of right foot
- 59 Step right foot forward
- 60 Scuff left foot up beside right foot turning $\frac{1}{4}$ right
- 61 Step left foot to left side
- 62 Step right foot behind left foot (legs are crossed at knees)
- 63 Step left foot to left side
- 64 Scuff right foot up beside left foot turning $\frac{1}{2}$ left

REPEAT
