

拍數: 80 牆數: 2 級數: Phrased High Intermediate
編舞者: Ryan Hunt (UK) - July 2010
音樂: Shut Up - Nick Lachey : (Album: Soulo Album - 3:25)



Sequence: AB ABB A(24) ABB

Intro: Start after 32 counts (A – 48 Counts, B – 32 Counts)

SECTION A

(The clock directions are the walls that you will be facing when you dance Section A starting on the 12:00 wall)

(1-8) STEP FORWARD, MAMBO STEP, TRIPLE FULL TURN, LIFT, RECOVER, ¼ SIDE CROSS

- 1-2&3 Step forward on R foot, Rock forward on L foot, Recover back on R foot, Step back on L foot
- 4&5 Make a full turn R on the spot stepping R, L, R (12)
- 6-7 Rock forward on L foot lifting R leg behind, Recover back on R foot
- 8& Make ¼ turn L stepping L to L side, Cross R over L (9)

(9-16) PUSH ¼ TURN, PIVOT ¼ CROSS, SIDE, HINGE 1/8, CROSS BACK TOGETHER

- 1-2 Step L to L side pushing out with the L hip, Recover on R foot as you make ¼ turn R (12)
- 3&4 Step forward on L, Pivot ¼ turn R, Cross L over R (3)
- 5-6 Step R to R Side, Hinge 1/8 turn L and step L to L side and slightly back (1:30)
- 7&8 Cross R over L, Step back on L, Step R next to L (1:30)

(17-24) & ROCK RECOVER, 3/8 FORWARD, ¼ SIDE, SAILOR STEP, & BEHIND ¼ FORWARD

- &1-2 Step slightly forward on L, Rock forward on R foot into the diagonal, Recover back on L foot (1:30)
- 3-4 Make 3/8 turn R stepping forward on R (6), Make ¼ turn R stepping L to L side (9)
- 5&6 Cross R behind L, Step L to L side, Step R to R side
- &7-8 Cross L behind R, Make ¼ turn R stepping forward on R, Step forward on L (12) *** Restart Point during 3rd A

(25-32) MAMBO ¼ TURN, DRAG IN & CROSS, SIDE PRESS, RECOVER ¼, SHUFFLE ½ TURN

- 1&2 Rock forward on R, Recover back on L, Make ¼ turn R stepping R a big step to R side (3)
- 3&4 Drag L in towards R, Step L next to R, Cross R over L
- 5-6 Press out to L side on L foot, Recover back on R foot making ¼ L (12)
- 7&8 Make ¼ turn L stepping L to L side, Close R next to L, Make ¼ turn L stepping forward on L (6)

(33-40) SIDE, CROSS BEHIND, CHASSE ¼ TURN, MAMBO ½ TURN, HITCH ¼ PADDLE, HITCH ¼ PADDLE

- 1-2 Step R to R side, Cross L behind R
- 3&4 Step R to R side, Step L next to R, Make ¼ turn R stepping forward on R (9)
- 5&6 Rock forward on L, Recover back on R, Make ½ turn L stepping forward on L (3)
- &7&8 Hitch R knee, Make ¼ turn L and point R to R side, Hitch R knee, Make ¼ turn L and point R to R side (9)

(41-48) CROSS ROCK ¼ TURN, TRIPLE FULL TURN, ROCK RECOVER BACK LOCK STEP, ½ TURN

- 1&2 Cross Rock R over L, Recover back on L, Make ¼ turn R stepping forward on R (12)
- 3&4 Make ½ turn R stepping back on L, Make ½ turn R stepping forward on R, Step forward on L (12)
- 5& Rock forward on R foot, Recover back on L foot

- 6&7 Step back on R foot, Lock L across R foot, Step back on R foot
 8 Make ½ turn L stepping forward on L (6)

SECTION B

(The clock directions are the walls that you will be facing when you dance Section B starting on the 6:00 wall)

(1-8) WALK R, WALK L, PIVOT ¼ CROSS, ¼ BACK SIDE CROSS SIDE BEHIND SIDE CROSS

- 1-2 Walk forward on R, Walk forward on L
 3&4 Step forward on R, Pivot ¼ turn L, Cross R over L (3)
 5&6& Make ¼ turn R stepping back on L, Step R to R side, Cross L over R, Step R to R side (6)
 7&8 Cross L behind R, Step R to R side, Cross L over R

(9-16) & ROCK CROSS POINT, BEHIND & ¼ DRAG, ROCK BACK SIDE, SAILOR ½ FORWARD

- &1&2 Rock R out to R side, Recover onto L, Cross R over L, Point L to L side ("When We Touch")
 3&4 Cross L behind R, Step R to R Side, Make ¼ turn R stepping L a big step to L side and dragging R in (9)
 5&6 Cross Rock R behind L, Recover on L, Step R to R side
 7&8 Cross L behind R, Make ½ turn L stepping R next to L, Step forward on L (3)

(17-24) PUSH FROM HIPS, DIAGONAL ROCKING CHAIR, CROSS, BACK HESITATE, SIDE, CROSS, ¼ TURN

- 1-2 Pushing with R hip step forward and to R diagonal, Pushing with L hip step forward and to L diagonal (1:30)
 3&4& Still facing L diagonal Rock forward on R, recover back on L, Rock back on R, recover forward on L (1:30)
 5-6 Cross R over L, Step back on L straightening up to side wall (3)
 7&8& Step R to R side, Cross L over R, Make ¼ turn L stepping back on R, Make ½ turn L stepping forward on L (6)

(25-32) STEP CLOSE POINT, BACK, OUT, OUT, & FORWARD, PIVOT ¼ CROSS, ¼ BACK, ½ FORWARD

- 1&2 Step forward on R, Step L and close next to R foot, Point R foot forward ("When We Touch")
 3&4 Step back on R foot, Step L to L side, Step R to R side
 &5 Step L back to centre, Step forward on R
 6&7 Step forward on L, Pivot ¼ turn R, Cross L over R (9)
 8& Make ¼ turn L stepping back on R (6), Make ½ turn L stepping forward on L (12)

(You're now ready to go forward on the R foot for either Section A or Section B)

END OF DANCE!

Sequence: AB ABB A(24) ABB

Restart: During the third A, dance the first 24 counts only and then restart from the beginning of A.

Note: This dance is only phrased to the version of the track which can be found on the SoulO album. The single version cannot be used.

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