Shut Up And Dance

48 count, 4 wall, intermediate level
Choreographer: Peter Metelnick & Alison Biggs (UK), March 2015
Choreographed to: "Shut Up And Dance" by Walk The Moon (128 bpm)

8 count intro

Section 1	**Forward Shuffle, Step Pivot 1/2, Step, 1/2 Turn, Walk Back x 2**
1&2	Step R forward, step L together, step R forward
3-4	Step L forward, pivot 1/2 right (6:00)
5-6	Step L forward, turning 1/2 left step R back (12:00)
7-8	Step L back, step R back
Section 2	**Heel Hold & Heel Hold &, Cross Side, Sailor Step**
1-2&	Touch L heel forward, hold, step L together
2-4&	Touch R heel forward, hold, step R back
5-6	Cross step L over R, step R side
7&8	Cross step L behind R, step R side, step L side
Section 3	**Touch Unwind 1/2, Cross, Side, Touch Unwind 3/4, Walk Forward x 2**
1-2	Touch R back, unwind 1/2 right stepping down on R (6:00)
3-4	Cross step L over R, step R side
5-6	Touch L behind, unwind 3/4 left stepping down on L (9:00)
7-8	Step R forward, step L forward *** ***Restart 2 – wall 6 – facing 9:00***
Section 4	**Right/Left Apart, Knee Pops, Ball Cross, Side, Behind Side Cross**
&1-2	Step R apart, step L apart, pop R knee in
3-4&	Pop L knee in, pop R knee in, step R back
5-6	Cross step L over R, step R side
7&8	Cross step L behind R, step R side, cross step L over R
Section 5	**Side Hold & Side Together, 1/4 Turn, Touch, Back, Touch**
1-2&	Step R side, hold, step L together
3-4	Step R side, step L together
5-6	Turning 1/4 right step R forward, touch L together (12:00)
7-8	Step L back, touch R together *** ***Restart 1 – wall 3 – facing 6:00***
Section 6	**Kick Ball Change, Step Point, Forward Shuffle, Step Pivot 1/4**
1&2	Kick R forward, step R together, step L together
3-4	Step R forward, point L side
5&6	Step L forward, step R together, step L forward
7-8	Step R forward, pivot 1/4 left (9:00)

Restarts: ***Two Restarts, one during Wall 3 and one during Wall 6***

Ending: ***Final wall will start facing front and dance first 8 counts to bring you to front wall. Touch L heel forward, HOLD. Ta Da the end!***

Quelle:
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