

# SHUT UP AND DANCE

Count: 48. Wall: 4. Level: Intermediate

Choreographer: Alison Biggs & Peter Metelnick, TheDanceFactoryUK – March 2015

Music: Shut Up And Dance by Walk the Moon

---

**INTRO: 8 count. 3mins 17secs. 128bpm**

## **SHUFFLE, STEP, PIVOT 1/2 RIGHT, STEP, 1/2 LEFT, BACK, BACK**

1&2 Step R forward, Step L beside R, Step R forward

3,4 Step L forward, Pivot ½ right **[6:00]**

5,6 Step L forward, Turn ½ left step R back **[12:00]**

7,8 Step L back, Step R back

**ENDING: see below**

## **HEEL, HOLD, TOGETHER, HEEL, HOLD, BACK, CROSS, SIDE, SAILOR**

1,2& Touch L heel forward, Hold, Step L beside R

3,4& Touch R heel forward, Hold, Step R back

5,6 Cross L over R, Step R to right

7&8 Step L behind R, Step R to right, Step L to left

## **TOUCH BACK, UNWIND 1/2 RIGHT, CROSS, SIDE, TOUCH BACK, UNWIND 3/4 LEFT, WALK, WALK**

1,2 Touch R back, Unwind ½ right **[6:00]**

3,4 Cross L over R, Step R to right

5,6 Touch L behind, Unwind ¾ left (**weight on L**) **[9:00]**

7,8 Step R forward, Step L forward

**RESTART: Wall 6**

## **R & L APART, KNEE POPS R-L-R, 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 L over R, Step R to right

7&8 Step L behind R, Step R to right, Cross L over R

## **SIDE, HOLD, TOGETHER, SIDE, TOGETHER, 1/4 RIGHT, TOUCH, BACK, TOUCH**

1,2& Step R to right, Hold, Step L beside R

3,4 Step R to right, Step L beside R

5-8 Turn ¼ right step R forward, Touch L beside R, Step L back, Touch R beside L **[12:00]**

**RESTART: Wall 3**

## **KICK, BALL, CHANGE, STEP, POINT SIDE, SHUFFLE, STEP, PIVOT 1/4 LEFT**

1&2 Kick R forward, Step ball of R beside L, Step L beside R

3,4 Step R forward, Point L to left

5&6 Step L forward, Step R beside L, Step L forward

7,8 Step R forward, Pivot ¼ left **[9:00]**

**48 REPEAT**

**RESTART: During Wall 3 starts facing back wall, dance to count 40 and Restart facing back wall.**

**RESTART: During Wall 6 starts facing front wall, dance to count 24 and Restart facing left side wall.**

**ENDING: Final wall will start facing front and dance first 8 counts to bring you to front wall, then: TOUCH L HEEL FORWARD, HOLD. Ta Da the end!**