



# SHUT UP

2023



Niveau:

Musique: "Dance for the hell of it" by LOVA

Chorégraphes: Silvia Denise Staiti & Gianmarco

Johnny Rossato

Temps: Phrased (A+B) / 2 Walls / 2 Tags

\*\*\*The given directions and clock reference are referred to the 1st wall

**SEQUENCE : A - A - A - B - B - Tag 1 A - A - A - B - B - B - B - Tag 2 B (Sect 3 & 4) - B - Tag 1**

## **PART A (32 counts)**

### **1ST SECTION | SIDE SHUFFLE, FULL TURN, ROCK BACK, STOMP, STOMP**

1&2 Open L to L side – Close R beside L – Open L to L side  
3-4 ½ Turn R stepping R fwd – ½ Turn R stepping L back  
5-6 Rock step R back – Recover weight on L  
7-8 Stomp R fwd – Stomp L fwd

### **2ND SECTION | STEP, HOOK, HEEL, FLICK, STOMP, SWIVEL, HEEL STAND**

1&2 Step R fwd – Hook L behind R (Slap with R hand) – Recover & Heel touch R fwd  
3-4 Flick R to R side (Slap with R hand) – Stomp Up R fwd  
5-6 Swivel R point to R side - Recover  
7-8 Heel Stand R - Recover

### **3RD SECTION | SIDE SHUFFLE (X2), STEP, SLIDE, STEP, SCUFF**

1&2 Open R to R side – Close L beside R – Open R to R side  
3&4 (Turn ¼ L – to h.9.00) Open L to L side – Close R beside L – Open L to L side  
5-6 (Turn ¼ L – to h.6.00) Long Step R to diagonal R - Slide L beside R  
7-8 Long Step L to diagonal L – Scuff R fwd

### **4TH SECTION | JAZZ-BOX TURN, TOUCH, STEP, KICK, STOMP-UP**

1-2 Cross R over L – Step L back (turning ¼ R – to h.9.00)  
3-4 Step R fwd (turning ¼ R – to h.12.00) – Step L fwd  
5-6 Touch Point R fwd – Step R fwd  
7-8 Kick L fwd – Stomp up L beside R

## **PART B (32 counts)**

### **1ST SECTION | STOMP, HOLD, ¾ TURN, STEP, POINT (X2), KICK (X2)**

1-2 (Turning ¼ R to h.3.00) Stomp R fwd - Hold  
3-4 Turn ¼ R to h.6.00 stepping L back – Turn ½ R to h.12.00 stepping R fwd  
&5-6 Step L fwd – Touch point R back (twice)  
7-8 (Turning ¼ L to h.9.00) Kick L fwd – (Turning ¼ L to h.6.00) Kick R fwd

### **2ND SECTION | STEP, POINT (X2), KICK, JUMP, STOMP, SWIVET (X2)**

&1-2 Step R fwd – Touch point L back (twice)  
3&4 Recover weight on L & Kick R fwd – Jump with both feet – Stomp both feet

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5-6 On the ball of L foot and heel of R foot, Swivel L heel to the L and R toes to the R - Recover

7-8 On the ball of L foot and heel of R foot, Swivel L heel to the L and R toes to the R - Recover

### **3RD SECTION | HEEL, RECOVER, HEEL, RECOVER, CROSS, FLICK, SHUFFLE**

1-2 Heel touch R fwd - Recover

3-4 Heel touch L fwd - Recover

5-6 Cross R over L – Flick L to L side (turning your body to diagonal R & Slap with L hand)

7&8 Shuffle L fwd diagonal R direction

### **4TH SECTION | HALF TURN, HOOK, SHUFFLE, SIDE ROCK, ROCK BACK**

1-2 Turn ½ L to the opposite diagonal stepping R back – Turn ½ L to the original diagonal doing a Hook with L foot cross over R

3&4 Shuffle L fwd diagonal direction

5-6 (Facing to h.6.00) Rock Step R to R side – Recover weight on L

7-8 Rock Step R back – Recover weight on L

### **TAG 1 (8 counts)**

#### **1ST SECTION | OPEN, HOLD, OPEN, HOLD, HIP ROLL (X2)**

1-2 Open R to R diagonal side with a big rounded step - Hold

3-4 Open L to L diagonal side with a big rounded step - Hold

5-6 Roll your hips with a circling movement from R to L in 2 counts

7-8 Roll your hips with a circling movement from R to L in 2 counts

### **TAG 2 (16 counts)**

#### **1ST SECTION | STOMP, HOLD, ¼ TURN, STEP, POINT (X2), KICK (X2)**

1-2 (Turning ¼ R to h.3.00) Stomp R fwd - Hold

3-4 Hold - Hold

5-6 Turn ¼ R to h.6.00 stepping L back – Turn ½ R to h.12.00 stepping R fwd

7-8 Hold – Hold

#### **2ND SECTION | STEP, POINT (X2), KICK, JUMP, STOMP, SWIVET (X2)**

&1-2 Step L fwd – Touch point R back (twice)

3&4 Recover weight on R & Kick L fwd – Jump with both feet – Stomp both feet

5-6 On the ball of L foot and heel of R foot, Swivel L heel to the L and R toes to the R - Recover

7-8 On the ball of L foot and heel of R foot, Swivel L heel to the L and R toes to the R - Recover

## **RECOMMENCER AU DEBUT**