

# SHUT UP!

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**Count:** 32      **Wall:** 2      **Level:** beginner/intermediate

**Choreographer:** A1C

**Music:** Shut Up And Forget About It by Dane Bowers

## KICK & STEP, & ¼ LEFT, COASTER, ROCK

**1&2**      Right kick forward, right step together, left step forward

**(1) right shoulder up, (&) left shoulder up, (2) head look down to left side**

**&3-4**      Left foot step together, right step forward, pivot a ¼ turn left

**5&6**      Right coaster step

**7-8**      Left step forward bumping hips forward, rock weight back onto right foot

## WEAVE, STEP, KICK ½, WEAVE

**9&10**      Left cross behind right, right step side, left crossover right

**11**      Right step forward,

**&**      Left foot kick forward

**12**      Pivot a ½ turn left and kick left forward

**13&14&**      Left cross behind right, right step side, left cross over right, right step side

**15&16**      Left cross behind right, right step side, left step forward

## &, STEP, PIVOT TWICE, CHUGS, CROSS, UNWIND

**&17-18**      Left step together, right step forward, pivot a ¼ turn left

**19-20**      Right step forward, pivot a ½ turn left

**21-22**      Two right chugs to make a ½ turn left

**23-24**      Right cross over left, unwind a ½ turn left

## QUICK MAMBOS, HEEL

**25&26**      Right step forward, rock weight onto left, right step together

**&27&**      Left step back, rock weight onto right, left step together

**28**      Right heel touch forward

- &29** Right foot step together, left foot step forward
- 30** Hold
- 31-32** Sweep right foot around to make a 1 and  $\frac{1}{4}$  turn left

**Alternate ending**

- &29** Right foot step together, left kick forward
- 30** Left cross over right
- 31-32** Unwind a  $\frac{3}{4}$  turn right

**REPEAT**