

Approved by:

Shut Up And Dance

4 WALL – 48 COUNTS – INTERMEDIATE

STEPS	ACTUAL FOOTWORK	CALLING SUGGESTION	DIRECTION
Section 1 1 & 2 3 – 4 5 – 6 7 – 8	Forward Shuffle, Step Pivot 1/2, Step, 1/2 Turn, Walk Back x 2 Step right forward. Close left beside right. Step right forward. Step left forward. Pivot 1/2 turn right. (6:00) Step left forward (extended 5th). Turning 1/2 left step right back. (12:00) Step left back. Step right back.	Right Shuffle Step Pivot Step Half Back Back	Forward Turning right Turning left Back
Section 2 1 – 2 & 3 – 4 & 5 – 6 7 & 8	Heel Hold & Heel Hold &, Cross Side, Sailor Step Touch left heel forward. Hold. Step left beside right. Touch right heel forward. Hold. Step right back. Cross left over right. Step right to side. Cross left behind right. Step right to side. Step left to side.	Heel Hold & Heel Hold & Cross Side Left Sailor	On the spot Right On the spot
Section 3 1 – 2 3 – 4 5 – 6 7 – 8 Restart 2	Touch Unwind 1/2, Cross, Side, Touch Unwind 3/4, Walk Forward x 2 Touch right back. Unwind 1/2 turn right stepping onto right. (6:00) Cross left over right. Step right to side. Touch left back. Unwind 3/4 turn left stepping onto left. (9:00) Step right forward. Step left forward. Wall 6: Restart dance from the beginning (facing 9:00).	Touch Unwind Cross Side Touch Unwind Walk Walk	Turning right Right Turning left Forward
Section 4 & 1 – 2 3 – 4 & 5 – 6 7 & 8	Right/Left Apart, Knee Pops, Ball Cross, Side, Behind Side Cross Step right apart. Step left apart. Pop right knee in. Pop left knee in. Pop right knee in. Step right back. Cross left over right. Step right to side. Cross left behind right. Step right to side. Cross left over right.	& Step Knee Knee Knee & Cross Side Behind Side Cross	On the spot Right
Section 5 1 – 2 & 3 – 4 5 – 6 7 – 8 Restart 1	Side Hold & Side Together, 1/4 Turn, Touch, Back, Touch Step right to side. Hold. Step left beside right. Step right to side. Step left beside right. Turning 1/4 right step right forward. Touch left beside right. Step left back. Touch right beside left. (12:00) Wall 3: Start the dance again (facing 6:00).	Side Hold & Side Together Quarter Touch Back Touch	Right Turning right On the spot
Section 6 1 & 2 3 – 4 5 & 6 7 – 8	Kick Ball Change, Step Point, Forward Shuffle, Step Pivot 1/4 Kick right forward. Step right beside left. Step left beside right. Step right forward. Point left to side. Step left forward. Close right beside left. Step left forward. Step right forward. Pivot 1/4 turn left. (9:00)	Kick Ball Change Step Point Left Shuffle Step Pivot	On the spot Forward Turning left

Choreographed by: Alison Biggs & Peter Metelnick (UK) March 2015

Choreographed to: 'Shut Up And Dance' by Walk The Moon (128 bpm) from CD Single; download available from amazon or iTunes (8 count intro)

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

Choreographers' note: Our thanks to Michael McKenzie for suggesting this track



A video clip of this dance is available at www.linedancerweb.com