

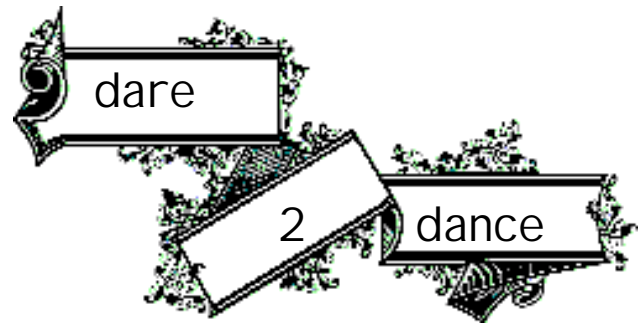
Shut Up and Dance

Choreographed by Michael Diven (September 2004)

Description: 32 count, 2 wall line dance

Level: Intermediate

Music Suggestions: "Shut Up" by Nick Lachey



Hitch, Step, Knee Pops, Step Slide, Left Sailor

- 1-2& Hitch right knee up and side step to the right, hold
- 3&4 Pop right knee in, out, in
- 5 Step right foot out to the right side
- 6 Slide left next to right (keep weight on right foot)
- 7&8 Left sailor step

Kick, Touch, ½ Pivot, Hitch, Step, Drag, Left Chasse

- 1-2 Kick right foot forward, touch right toe back
- 3 Pivot ½ turn to the right (weight on right foot)
- 4 Hitch left knee up
- 5-6 Step left foot to left side, bring right foot next to left
- 7&8 Step left foot to left side, slide right next to left, side step left

Cross Rock, Recover, Right Shuffle w/ ¼ Turn, Cross, Unwind, Left Chasse

- 1-2 Cross rock right over left, recover weight to left
- 3&4 Right shuffle with a ¼ turn to the right
- 5-6 Cross left over right, pivot one full turn to the right
- 7&8 Chasse to the left side (left side shuffle)

Touch, Pivot, Cross Rock, Recover, Side Step, Hold, Right Sailor w/ ¼ Turn, Step Left

- 1-2 Touch right toe behind left foot, pivot ½ turn to the right
- 3-4 Cross rock left over right, recover weight to right
- 5&6& Step left to left side, hold, step right next to left and side step left, hold
- 7&8 Right sailor step with ¼ turn to the right
- & Step forward on the left foot

Choreographer's Note: When doing this dance to "Shut Up" be sure to drop the first hold in the first 8 counts.

Begin Dance again.....and have fun!

This step sheet is provided by Michael Diven – Instructor/Choreographer for Dare2dance.net
If you have any questions regarding this step sheet or for booking information please contact us at
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