

SHUT UP AND DANCE

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Record: CD "Shut Up And Dance (Acoustic)" by Tyler Ward, Track 1, 2:24 min or Download Amazon

Rhythm & Phase: WCS, V +1 (Rock Whip) +2 (Double Stop & Go Action, Extended Varsouvienne Breaks)

Speed: slow 5% for comfort Music link: <https://www.youtube.com/watch?v=NSzDWthQrdk>

Footwork: Opposite except where noted

Sequence: INTRO - A - B - A - Bmod - END

INTRO

1 - 4 WAIT PU NOTES (APROX 2 MEAS);; WHIP TURN;;

Wait PU notes in LOP LOD ld ft free;; Bk L, rec fwd R to W's R sd comm RF trn to loose CP fc WALL, sm sd L/cl R cont RF trn, sd L to CP fc RLOD; XRIB of L trn RF, sd & fwd L cont RF trn to fc LOD, release loose CP to LOP sm bk R with toes trnd out & instp cl to heel of L/rec L, slghtly bk R;
[W(3-4): Fwd R, fwd & sd L ¼ RF trn, bk R/cl L, fwd R; Fwd L swvl ½ RF, bk R, sm bk L with toes trnd out & instp cl to heel of R/rec R, slghtly bk L;]

5 - 8 TUCK & SPIN TO RIGHT HANDSHAKE – FACE LOOP UNDERARM TURN INTO KICK BALL WHEEL – LADY OUT TO FACE;;;

Bk L, bk R to tight LOP, tch L to R, fwd L; Sm bk R with toes trnd out & instp cl to heel of L/rec L, slghtly bk R to R HNDSHK, (*Fc Loop Undrm Trn*) bk L comm RF trn, XRIF trng RF raise R hnds over own head; Place R hnd of W into own neck rel hnds to L ½ OP keep trng RF fwd L/cl R, fwd L to L ½ OP DRC, (*Kick Ball Wheel*) kick fwd R/take wght on ball of R, step bk on L in a narrow RF crv; Kick fwd R/take wght on ball of R, step bk on L cont RF crv to LOD, (*Lady Out to FC*) send W out with L arm sm bk R with toes trnd out & instp cl to heel of L/rec L, slghtly bk R to LOP LOD;
[W(5-8): Fwd R, fwd L to tight LOP, tch R to L, step on R spin 7/8 RF to fc ptr; Sm bk L with toes trnd out & instp cl to heel of R adjust another 1/8 RF/rec R, slghtly bk L jn R hnds, (*Fc Loop Undrm Trn*) Fwd R, fwd L comm LF trn undr jnd R hnds; Fwd R/cl L, fwd R compl LF trn to L ½ OP DRW, (*Kick Ball Wheel*) kick fwd L/take wght on ball of L, step fwd on R in a narrow RF curve; Kick fwd L/take wght on ball of L, step fwd on R cont RF curve, (*Lady Out to FC*) fwd L/sm fwd R, fwd L trn ¼ RF to fc ptr;]

PART A

1 - 5 SIDE WHIP;; LEFT SIDE PASS LADY INSIDE TWIRL MAN HOOK TURN – RIGHT SIDE PASS WITH TUCK & SPIN;;

- 1-2 Bk L, fwd R trng ¼ RF to an L-Shaped Pos plcg R hnd on W's bk, pt L to sd, hold; Hold but rot body slghtly RF to ld W, rec to ptd L foot trng ¼ LF, sm bk R with toes trnd out & instp cl to heel of L/rec L, slghtly bk R to LOP LOD;
M may execute a press line on step 3
[W(1-2): Fwd R, fwd L trn ½ RF, bk R/cl L, fwd R; Fwd L, fwd R trn ½ LF, sm bk L with toes trnd out & instp cl to heel of R/rec R, slghtly bk L;]
- 3-5 Bk L, bk R trng ¼ LF out of the slot, sm sd L/cl R, sd L fc COH ldg W to trn undr jnd ld hnds; XRIB trn RF/uncross L almost in plc to fc LOD chg hnds bhnd bk to R hndhd, XRIF rot upper body to fc WALL, lunge fwd L twd LOD, rec R; Triple L/R, L in plc, sm bk R with toes trnd out & instp cl to heel of L/rec L, slghtly bk R to LOP LOD;
[W(3-5): Fwd R, fwd L, triple L/R, R trng LF undr jnd ld hnds trn 1&½; Sm bk L with toes trnd out & instp cl to heel of R/rec R, slghtly bk L, fwd R, fwd L; Fwd R/cl L, fwd R spin 3/4 RF, sd L/cl R, sd & bk L adjust to fc ptr;]

6 - 8 SURPRISE WHIP WITH DOUBLE STOP AND GO ACTION;;;

Bk L, rec fwd R to W's R sd comm RF trn to CP fc WALL, sd L cont RF trn/cl R, sd & fwd L compl RF trn to CP RLOD ldg W to trn sharply to the R; Rk fwd R slghtly into knee in CBMP trng upper body strongly to the R stop W with M's R hnd on W's bk endg in an L-shaped looking at ptr, rec bk L straighten knees, rk sd & bk R, rec L; Rk fwd R stop W with M's R hnd on W's bk endg in an L-shaped, rec bk L raisg jnd ld hnds, sm bk R with toes trnd out & instp cl to heel of L/rec L, slghtly bk R to LOP RLOD;
[W(6-8): Fwd R, fwd L trng ½ RF, bk R/cl L, fwd R btw man's feet trng sharply ½ RF keepg L leg cl to R well undr body; Rk bk L, rec fwd R, rk fwd L, rec bk R; Rk bk L, rec fwd R, triple L/R, sm bk L almost in plc while trng RF undr jnd ld hnds to fc ptr;]

PART A CONT.

9 - 12 UNDERARM TURN – START TRIPLE TRAVEL WITH ROLL – LADY UNDER TO STACKED HANDS LEFT OVER RIGHT;;;

Bk L, XRIF trn ¼ RF, bk L/cl R, sm fwd L fc COH; Jn R hnds palm to palm sd chasse R/L, R, push lightly with R hnds roll 1&½ RF L, R chg to L hnds palm to palm fc WALL; Sd chasse L/R, L push lightly with L hnds trn ½ to fc COH jn R hnds palm to palm, sd chasse R/L, R push lightly with R hnds trn ½ fc WALL jn L hnds palm to palm; Sd chasse L/R, L, raise L hnds ldg W to trn RF undr jnd hnds sm bk R with toes trnd out & instp cl to heel of L/rec L, slghtly bk R jn R hnds underneath L fcg LOD;

[W(9-12): Fwd R, fwd L, trn LF undr jnd ld hnds fwd R/cl L, sd R; Jn R hnds palm to palm sd chasse L/R, L, push lightly with R hnds roll 1&½ LF R, L chg to L hnds palm to palm fc COH; Sd chasse R/L, R push lightly with L hnds trn ½ to fc WALL jn R hnds palm to palm, sd chasse L/R, L push lightly with R hnds trn ½ fc COH jn L hnds palm to palm; Sd chasse L/R, R, raise L hnds trn RF undr jnd hnds sd L/cl R, sd & bk L jn R hnds underneath L;]

PART B

1 - 8 EXTENDED VARSOUVIENNE BREAKS;;; EXTENDED VARSOUVIENNE BREAKS;;;

1-4 Keep hndhld for next 8 meas! Bk L, bk R trn ¼ LF raise jnd hnds to ld W to trn undr L hnds, sm sd L/cl R, sd L to L-Shaped VARS COH; XRib/sd L, sd R, XLib/sd R, sd & fwd L trn ¼ LF to VARS RLOD;

Fwd R, fwd L trn ¼ RF to L-Shaped VARS COH, XRib/sd L, sd R; XLib/sd R, sd L, raise L hnds for W to trn undr sm bk R with toes trnd out & instp cl to heel of L/rec L, slghtly bk R to stacked hnds L over R fc RLOD;

[W (1-4): Cross walk fwd R, fwd L, triple fwd R/L, R trn LF full arnd undr jnd L hnds to L-Shaped VARS POS W fcg RLOD; Fwd L trn ½ RF/cl R, fwd L to L-Shaped VARS POS fcg LOD, fwd R trn ½ LF/cl L, fwd R to VARS POS RLOD; Fwd L, fwd R, fwd L trn ½ RF/cl R, fwd L to L-Shaped VARS POS fcg LOD; Fwd R trn ½ LF/cl L, fwd R to VARS POS RLOD, triple L/R, sm bk L almost in plc while trng RF undr jnd L hnds to fc ptr stacked hnds L over R;]

5-8 Repeat actions meas 1-4 PART B from RLOD to LOP LOD;;;

9 - 12 ROCK WHIP ONLY 2 ROCKS – UNDERARM TRN;;;

Bk L, rec fwd R to W's R sd comm RF trn to loose CP fc WALL, sm sd L/cl R cont RF trn, sd L to CP RLOD; Rk fwd R trn 3/8 RF, rec L trn 1/8 RF, rk fwd R trn 3/8 RF, sm fwd L trn 1/8 RF to CP RLOD; Sm bk R with toes trnd out & instp cl to heel of L/rec L, slghtly bk R to LOP RLOD, (*Undrm Trn*) bk L, bk R trn ¼ RF raise ld hnds; Sm triple in plc L/R, L cont trn RF ldg W to trn undr jnd ld hnds to LOP LOD, sm bk R with toes trnd out & instp cl to heel of L/rec L, slghtly bk R to LOP LOD;

[W(9-12): Fwd R, fwd & sd L ¼ RF trn, bk R/cl L, fwd R; Rk bk L trn 3/8 RF, rec R trn 1/8 RF, rk bk L trn 3/8 RF, sm bk R trn 1/8 RF; Sm bk L with toes trnd out & instp cl to heel of R/rec R, slghtly bk L, fwd R, fwd L; Trn LF undr jnd ld hnds fwd R/cl L, sd R, sm bk L with toes trnd out & instp cl to heel of R/rec R, slghtly bk L;]

REPEAT PART A

PART B MODIFIED

1 – 4+ START EXTENDED VARSOUVIENNE BREAKS – LADY UNDER TO FACE;;; SD BREAK & HOLD; ---

Bk L, bk R trn ¼ LF raise jnd hnds to ld W to trn undr L hnds, sm sd L/cl R, sd L to L-Shaped VARS COH; XRib/sd L, sd R, XLib/sd R, sd & fwd L trn ¼ LF to VARS RLOD; Fwd R, fwd L, raise L hnds for W to trn undr sm bk R with toes trnd out & instp cl to heel of L/rec L, slghtly bk R to stacked hnds L over R fc RLOD; Sd L/sd R, hold, hold, hold; hold, hold, shift full wght to R,

[W (1-4+): Fwd R, fwd L, triple in plc R/L, R trn LF undr jnd L to L-Shaped VARS POS W fcg RLOD; Fwd L trn ½ RF/cl R, fwd L to L-Shaped VARS POS fcg LOD, fwd R trn ½ LF/cl L, fwd R to VARS POS RLOD; Fwd L, fwd R, triple L/R, sm bk L almost in plc while trng RF undr jnd L hnds to fc ptr stacked hnds L over R; Sd R/sd L, hold, hold, hold; hold, hold, shift full wght to L,]

[Note: First 2 & ½ meas are the same as in PART B, then W trns undr to fc earlier, after the “WALK 2”, ptrs omitting the second “breaking actions”. Being in FCG POS with stacked hnds the timing for *Side Break & Hold is: &1, H, H, H; H, H, H* while holding, there is a “*ssh*” in the lyrics starting on beat 3 and ptrs may want to release L hnds on beat 2 and plcg index finger on mouth then rejoin stacked hndhld before dancing on]

5 - 12 EXTENDED VARSOUVIENNE BREAKS;;; ROCK WHIP WITH ONLY 2 ROCKS – UNDERARM TRN;;;

Repeat actions meas 5-12 PART B;;; ;;;

END

1 - 2 SUGAR PUSH - STEP SIDE TO SHADOW & LOOK::

- 1-2 Bk L, bk R, tch L, fwd L; Sm bk R with toes trnd out & instp cl to heel of L/rec L, slghtly bk R, step sd & fwd L bhnd W to SHDW POS WALL no hnds jnd, on last sound look R at ptr;
[W(1-2): Fwd R, fwd L, tch R, bk R; Sm bk L with toes trnd out & instp cl to heel of R/rec R, slghtly bk L, step sd & fwd R SHDW POS WALL no hnds jnd, on last sound look L at ptr;]

SUGGESTED HEADCUES

Sequence: INTRO A B A Bmod END

- INTRO (LOP LOD) Wait PU Notes;; Whip Turn;;
Tuck & Spin to RHNSHK – Face Loop Undrm Trn into Kick Ball Wheel – Lady Out to Fc;;;
- PART A Sd Whip;; Left Sd Pass Lady insd Twirl Man Hook Trn – R Sd Pass with Tuck and Spin;;
Surprise Whip with Dbl Stop & Go Action;;
Undrm Trn – Start Triple Travel with Roll – Lady Undr stacked Hnds L over R;;;
- PART B Extd Vars Brks;;; Extd Vars Brks;;;
Rk Whip only 2 Rks – Undrm Trn;;;
- PART Bmod Start Extd Vars Brks;; - Lady Undr; SD Brk & Hold 6 Beats;---
Extd Vars Brks;;; Rk Whip only 2 Rks – Undrm Trn;;;
- END Sugar Push Step to SHDW & Look;;