

# SHUT UP AND DANCE

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**MUSIC:** "Shut Up & Dance" by Walk The Moon 3:19 download Amazon  
**RHYTHM:** CHA RAL PHASE 4+ 1 [Double Cubans]  
**FOOTWORK:** Opposite unless indicated. SPEED: slowed 4% adjust for comfort  
**SEQUENCE:** INTRO A B BRIDGE A(MOD) B BRIDGE A(MOD) C B INTER A A(5-12) END  
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## INTRO

### 1-2 WAIT;;

1-2 Fcg ptr wall CP lead ft free wait;;

## PART A

### 1-8 MARCHESSI;;;

- 1 [MARCHESSI] lower lead hnds L heel fwd with weight, rec R in plc, L toe bk with weight on ball of L ft, rec R in plc;
- 2 L heel fwd with weight, rec R in plc, L heel fwd with weight, rec R in plc;
- 3 L toe bk with weight on ball of L ft, rec R in plc, L heel fwd with weight, rec R in plc;
- 4 L toe bk with weight on ball of L ft, rec in plc R, L toe bk with weight on ball of L ft, rec R in plc;

### 5-8 CROSS BODY TO LOP;; 4 FWD CHAS;;

- 5 [CROSS BDY LOP] fwd L, rec R trng 1/2 LF, sd L/cl R, sd L (W bk R, rec L, fwd R/cl L, fwd R) end in "L" position;
- 6 Bk R leading W to cross in frnt of M, rec L, in plc R/l, R (W fwd L comm LF trn, fwd R cont LF trn to fc LOD, in plc L/R, L0;
- 7-8 [4 FWD CHAS] moving to LOD fwd L/lk RIB of L, fwd L, fwd R/lk LIB of R, fwd L; Fwd L/lk RIB of L, fwd L, fwd R/ lk RIB of L, fwd R;

### 9-12 NYR IN 4; NYR; WHIP TO WALL; 2 Q CUCARACHAS;;

- 9 [NYR IN 4] fcg LOD lead ft free fwd L, rec R, sd L trng LF to fc ptr, in plc R;
- 10 [NYR] XLIF of R trng RF to fc LOD, rec R, trng to fc ptr sd L/cl R, sd L;
- 11 [WHIP] bk R trng 1/4 LF to fc RLOD leading W to cross in frnt of M, fwd L trng 1/4 LF to fc ptr WALL, sd R/cl L, sd R;
- 12 [2 Q CUCARACHAS] sd L/rec R, cl L, sd R/rec L, cl R;

## PART B

### 1-6 CHASE 1/2 FC WALL; (LADY IN 4); PARALLEL CHASE WITH TRIPLE CHAS;;;

- 1-2 [CHASE 1/2 FC WALL (LADY IN 4)] fwd L trng RF 1/2, rec fwd R, fwd L/cl R, fwd L (W bk R with no trn, rec L, fwd R/cl L, fwd R); fwd R trng LF 1/2, rec fwd L, fwd R/cl L, fwd R (W fwd L trng RF 1/2, rec fwd R, fwd L, fwd R) end both fcg WALL with L ft free blend to varsouv;
- 3-4 [PARALLEL CHASE WITH TRIPLE CHAS] L ft free for both sd L trng RF, rec fwd R trng RF, fwd L/cl R, fwd L; fwd R/cl L, fwd R, fwd L/cl R, fwd L;
- 5-6 sd R trng LF, rec fwd L trng LF, fwd R/cl L, fwd R; fwd L/cl R, fwd L, fwd R/cl L, fwd R;

PART B (CONT)

7-8 RK REC PNT (RK REC TRN PNT); MERENGUE 4;

7 [RK REC PNT (RK REC TRN PNT)] rk sd L, rk sd R, pnt, -(W rk sd L, rec R, trng 1/2 RF to fc ptr sd L, pnt R);

8 [MERENGUE 4] sd L, cl R, sd L, cl R;

BRIDGE

1-4 CHASE FULL TRNS;; DBLE CUBANS;;

1-2 [CHASE FULL TRNS] fwd L trng 1/2 RF, rec R trng 1/2 RF to fc WALL, bk L/lk RIF of L, bk L (W bk R, rec L, fwd R/lk LIB of R, fwd L) end fc ptr WALL;  
Bk R, rec L, fwd R/lk LIB of R, fwd R (W fwd L trng 1/2 RF, rec R trng 1/2 RF to fc ptr COH, bk L/lk RIF of L, bk L) end fcg ptr WALL;

3-4 [DBLE CUBANS] fcg ptr WALL in BFLY XLIF of R/rec R, sd L/rec R, XLIF of R/rec R, sd L; XRIF of L, rec L, sd R, rec L, XRIF of L/rec L, sd R;

PART A (MOD)

1-10 MARCHESSI;;; CROSS BDY LOP;; 4 FWD CHAS;; NYR ; WHIP;

1-8 REPEAT MEAS 1-8 PART A;;;;;;

9-10 REPEAT MEAS 10 & 11 PART A;;

REPEAT PART B

REPEAT BRIDGE

REPEAT A (MOD)

PART C

1-4 FWD BASIC; AIDA; SWITCH CROSS; CRAB WLK;

1 [FWD BASIC] fwd L, rec R, sd L/cl R, sd L;

2 [AIDA] thru R trng RF, sd L cont RF trn, bk R/lk LIF of R, bk R to "V" bk to bk pos;

3 [SWITCH CROSS] in aida pos with lead hnds jnd sd L trng LF to fc ptr bringing jnd hnds thru, rec R, XLIF of R/rec R, sd L;

4 [CRAB WLK] sd R, XLIF of R, sd L/cl R, sd L;

5-8 SPOT TRN; AIDA; SWITCH RK; SPOT TRN;

5 [SPOT TRN] XLIF of R trng 1/2 RF, rec L cont RF trn to fc ptr WALL, sd L/cl R, sd L;

6 [AIDA] REPEAT MEAS 2 PART C;

7 [SWITCH RK] in aida pos with lead hnds jnd sd L trng LF to fc ptr bringing jnd hnds thru, rec R, sd L/cl R, sd L;

8 [SPOT TRN] REPEAT MEAS 5 PART C;

REPEAT PART B

INTERLUDE

1-4 CHASE PEEK-A-BOO;;;

1 Fwd L trng 1/2 RF, rec fwd R, fwd L/lk RIB of L, fwd L to fc COH;

2 Sd R looking at ptr over L shldr, cl L, in plc R/L, R;

3 Sd L looking at ptr over R shldr, cl R, in plc L/R/L;

4 Fwd R trng 1/2 LF, rec fwd L, fwd R/lk LIB of R, fwd R to fc ptr WALL;

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REPEAT PART A  
PART A (5-12)

1-8 CROSS BDY LOP;; 4 FWD CHAS;; NYR IN 4; NYR; WHIP; 2 Q CUCARACHAS;

1-8 REPEAT MEAS 5-12 PART A;;;;;;;

END

1-6 CHASE 1/2 FC WALL;; PARALLEL CHASE;; MERENGUE 4 ; HOLD CHNG PNT;

1-2 REPEAT MEAS 1-2 PART B;;;

3-4 {PARALLEL CHASE} L ft free for both sd L trng RF, rec fwd R cont RF trn, fwd L/cl R,  
fwd L; sd R trng LF, rec fwd L cont LF trn, fwd R/cl L, fwd R;

5 REPEAT MEAS 8 PART B ( W fcg WALL in frnt of M with L ft free same footwork  
as M):

6 hold,-, step on L, pnt R & raise R arms straight up;