

Shut Up and Dance

Count: 32

Wall: 4

Level: Improver

Choreographer: DuWayne Flora (USA) - September 2026

Music: Shut up and Dance - The Whiskey Brothers



Rock, recover behind side cross R and L

1,2,3&4 Rock to the side with R, recover to L, behind side cross R,L,R

5,6,7&8 Rock to the side with L, recover to R, behind side cross L,R,L

Lock step Shuffle, pivot turn, ¼ turn touch

1,2,3&4 Step forward with R, Lock L behind, shuffle forward R,L,R

5,6,7&8 Step forward on L, ½ turn bringing weight to R, Step ¼ turn on L and touch R to L

Rock, recover, cross shuffle R&L

1,2,3&4 Rock to R, recover to L, cross shuffle with R

5,6,7&8 Rock to L, recover to R, cross shuffle with L

RESTART here on wall 7 (artist says "Come on Girl")

Paddle turnX4, Jazz box

1,2,3,4 With weight on L, paddle turn 4 times = ½ turn

5,6,7,8 jazz box, cross Rover L, step back on L, step R to the side and square up, putting weight on L
