

Keep Quiet

32 count, 4 wall, beginner level

Choreographer: Sobrielo Philip Gene (Singapore)

Choreographed to: Shut Up By Black Eyed Peas

Start on I try to take it slow.....

TOE STRUT X4, MOVING FORWARD

- 1-2 Touch right toe forward (1), step right down (2)
 - 3-4 Touch left toe forward (3), step left down (4)
 - 5-6 Touch right toe forward (5), step right down (6)
 - 7-8 Touch left toe forward (7), step left down (8)
- (Doing this snap your right fingers on counts 2,4,6,8)
Note: First 8 is slow according to the music: When she sings I try to take it slow...

TOE SWITCHES, HOLD, TOE SWITCHES, HOLD

- 1&2 Point right to right (1), step right beside left (&), point left to left (2)
 - &3-4 Step left beside left (&), point right to right (3), hold (4)
 - &5&6 Step right beside left (&), point left to left (5), step left beside right (&), point right to right (6)
 - &7-8 Step right beside left (&), point left to left (7), hold (8)
- Note: For fun when doing the both hold counts shout (bull shit just like one part of the music...)

CROSS SHUFFLE, SIDE ROCK, CROSS SHUFFLE, SIDE ROCK

- 1&2 Cross left over right (1), step right to right (&), cross left over right (2)
- 3-4 Rock right to right (3), replace weight onto left (4)
- 5&6 Cross right over left (5), step left to left (&), cross right over left (6)
- 7-8 Put weight on to left (7), replace weight onto right (8),

STEP FORWARD ½ TURN, FORWARD SHUFFLE, STEP FORWARD ¼ TURN, STOMP, STOMP

- 1-2 Step forward left make ½ turn right (1), transfer weight onto right (2)
- 3&4 Step left forward (3), step right beside left (&), step left forward (4)
- 5-6 Step forward right make ¼ turn left (5) transfer weight onto left (6)
- 7-8 Stomp right beside left (7), stomp left beside right (8)

Repeat

Tag:(optional)

On the 10th wall (back wall) after the 9th wall do this 4 count tag:

- 1- Put both hands on head and sway hips to right
- 2-4 Sway hips left, right, left

Note: Instructors try teaching your students this dance while you sit and just say the steps its fun this way (like a practical exam)