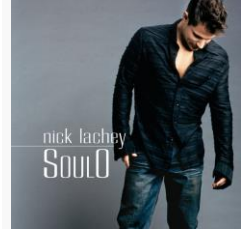


Zip It!

Choreographed by Ryan Hunt (July 2010).
Choreographed to "Shut Up (Album Version)" by Nick Lachey (109 BPM) [3:25], SoulO Album
Phrased High-Intermediate A/B Dance, A – 48 Counts, B – 32 Counts.
Sequence: AB ABB A(24) ABB. Intro: Start after 32 counts



SECTION A

(The clock directions are the walls that you will be facing when you dance Section A starting on the 12:00 wall)

S1 STEP FORWARD, MAMBO STEP, TRIPLE FULL TURN, LIFT, RECOVER, ¼ SIDE CROSS

- 1-2&3 Step forward on R foot, Rock forward on L foot, Recover back on R foot, Step back on L foot
- 4&5 Make a full turn R on the spot stepping R, L, R (12.00)
- 6-7 Rock forward on L foot lifting R leg behind, Recover back on R foot
- 8& Make ¼ turn L stepping L to L side, Cross R over L (9.00)

S2 PUSH ¼ TURN, PIVOT ¼ CROSS, SIDE, HINGE 1/8, CROSS BACK TOGETHER

- 1-2 Step L to L side pushing out with the L hip, Recover on R foot as you make ¼ turn R (12.00)
- 3&4 Step forward on L, Pivot ¼ turn R, Cross L over R (3.00)
- 5-6 Step R to R Side, Hinge 1/8 turn L and step L to L side and slightly back (1:30)
- 7&8 Cross R over L, Step back on L, Step R next to L (1.30)

S3 & ROCK RECOVER, 3/8 FORWARD, ¼ SIDE, SAILOR STEP, & BEHIND ¼ FORWARD

- &1-2 Step slightly forward on L, Rock forward on R foot into the diagonal, Recover back on L foot (1:30)
- 3-4 Make 3/8 turn R stepping forward on R (6.00), Make ¼ turn R stepping L to L side (9.00)
- 5&6 Cross R behind L, Step L to L side, Step R to R side
- &7-8 Cross L behind R, Make ¼ turn R stepping forward on R, Step forward on L (12.00) *** Restart Point during 3rd A

S4 MAMBO ¼ TURN, DRAG IN & CROSS, SIDE PRESS, RECOVER ¼, SHUFFLE ½ TURN

- 1&2 Rock forward on R, Recover back on L, Make ¼ turn R stepping R a big step to R side (3.00)
- 3&4 Drag L in towards R, Step L next to R, Cross R over L
- 5-6 Press out to L side on L foot, Recover back on R foot making ¼ L (12.00)
- 7&8 Make ¼ turn L stepping L to L side, Close R next to L, Make ¼ turn L stepping forward on L (6.00)

S5 SIDE, CROSS BEHIND, CHASSE ¼ TURN, MAMBO ½ TURN, HITCH ¼ PADDLE, HITCH ¼ PADDLE

- 1-2 Step R to R side, Cross L behind R
- 3&4 Step R to R side, Step L next to R, Make ¼ turn R stepping forward on R (9.00)
- 5&6 Rock forward on L, Recover back on R, Make ½ turn L stepping forward on L (3.00)
- &7&8 Hitch R knee, Make ¼ turn L and point R to R side, Hitch R knee, Make ¼ turn L and point R to R side (9.00)

S6 CROSS ROCK ¼ TURN, TRIPLE FULL TURN, ROCK RECOVER BACK LOCK STEP, ½ TURN

- 1&2 Cross Rock R over L, Recover back on L, Make ¼ turn R stepping forward on R (12.00)
- 3&4 Make ½ turn R stepping back on L, Make ½ turn R stepping forward on R, Step forward on L (12.00)
- 5& Rock forward on R foot, Recover back on L foot
- 6&7 Step back on R foot, Lock L across R foot, Step back on R foot
- 8 Make ½ turn L stepping forward on L (6.00)

SECTION B

(The clock directions are the walls that you will be facing when you dance Section B starting on the 6:00 wall)

S1 WALK R, WALK L, PIVOT ¼ CROSS, ¼ BACK SIDE CROSS SIDE BEHIND SIDE CROSS

- 1-2 Walk forward on R, Walk forward on L
- 3&4 Step forward on R, Pivot ¼ turn L, Cross R over L (3.00)
- 5&6&8 Make ¼ turn R stepping back on L, Step R to R side, Cross L over R, Step R to R side (6.00)
- 7&8 Cross L behind R, Step R to R side, Cross L over R

S2 & ROCK CROSS POINT, BEHIND & ¼ DRAG, ROCK BACK SIDE, SAILOR ½ FORWARD

- &1&2 Rock R out to R side, Recover onto L, Cross R over L, Point L to L side ("When We Touch")
- 3&4 Cross L behind R, Step R to R Side, Make ¼ turn R stepping L a big step to L side and dragging R in (9.00)
- 5&6 Cross Rock R behind L, Recover on L, Step R to R side
- 7&8 Cross L behind R, Make ½ turn L stepping R next to L, Step forward on L (3.00)

- S3 PUSH FROM HIPS, DIAGONAL ROCKING CHAIR, CROSS, BACK HESITATE, SIDE, CROSS, ¾ TURN**
1-2 Pushing with R hip step forward and to R diagonal, Pushing with L hip step forward and to L diagonal (1:30)
3&4& Still facing L diagonal Rock forward on R, recover back on L, Rock back on R, recover forward on L (1:30)
5-6 Cross R over L, Step back on L straightening up to side wall (3.00)
7&8& Step R to R side, Cross L over R, Make ¼ turn L stepping back on R, Make ½ turn L stepping forward on L (6.00)

- S4 STEP CLOSE POINT, BACK, OUT, OUT, & FORWARD, PIVOT ¼ CROSS, ¼ BACK, ½ FORWARD**
1&2 Step forward on R, Step L and close next to R foot, Point R foot forward (“When We Touch”)
3&4 Step back on R foot, Step L to L side, Step R to R side
&5 Step L back to centre, Step forward on R
6&7 Step forward on L, Pivot ¼ turn R, Cross L over R (9.00)
8& Make ¼ turn L stepping back on R (6.00), Make ½ turn L stepping forward on L (12.00)
(You’re now ready to go forward on the R foot for either Section A or Section B)

Start again from the top!

Sequence: AB ABB A(24) ABB

Note... Restart during the third A, dance the first 24 counts only and then restart from the beginning of A.

This dance is only phrased to the version of the track which can be found on the SoulO album. The single version cannot be used.