

You Can't Sit Down

Count: 48

Wand: 2

Ebene: Beginner

Choreograf/in: Ed Royko (USA) - April 2017

Musik: You Can't Sit Down - The Dovells



S1: FORWARD TOE STRUT, MAMBO

- 1-2 Touch right toe forward, lower right heel
- 3-4 Touch left toe forward, lower left heel
- 5-6 Rock forward on right foot, recover weight to left foot
- 7-8 Step back on right foot, hold

S2: BACKWARD TOE STRUT, MAMBO

- 1-2 Touch left toe back, lower left heel
- 3-4 Touch right toe back, lower right heel
- 5-6 Rock back on left foot, recover weight to right foot
- 7-8 Step forward on left foot, hold

S3: K STEP WITH CLAPS

- 1-2 Step right foot diagonally forward to the right, touch left toe next to right foot and clap
- 3-4 Step left foot diagonally back, touch right toe next to left foot and clap
- 5-6 Step right foot diagonally back to the right, touch left toe next to right foot and clap
- 7-8 Step left foot diagonally forward, touch right toe next to the left foot and clap

S4: BOX STEP

- 1-2 Step right foot to the right, step left foot next to the right foot
- 3-4 Step right foot forward, touch left toe next to the right foot
- 5-6 Step left foot to the left, step right foot next to the left foot
- 7-8 Step left foot back, touch right toe next to the left foot

S5: RIGHT SHIMMY TWICE

- 1-2 Step drag right foot to the right
- 3&4 Shimmy hips left, right, left
- 5-6 Step drag right foot to the right
- 7&8 Shimmy hips left, right, left

S6: STEP ¼ TURN COUNTERCLOCKWISE TWICE

- 1-2 Step right foot forward, hold
- 3-4 Turn ¼ turn counterclockwise putting weight on left foot, hold
- 5-6 Step right foot forward, hold
- 7-8 Turn ¼ turn counterclockwise putting weight on left foot, hold

REPEAT