

# Get In Sit Down Shut Up Hold On

**COPPER** **KNOB**  
STEPSHEETS

Count: 32

Wand: 4

Ebene: Upper Beginner

Choreograf/in: Pam Boyer (USA) - November 2013

Musik: Shut up and Hold On - Toby Keith



## Right Kick ,Kick Sailor Step/Left Kick ,Kick Sailor Step

- 1-2 Kick Rt Forward, Kick Side  
3&4 Step Rt Behind Left, Left Together Step Rt Slightly Forward  
5-6 Kick Left Forward ,Kick Side  
7&8 Step Left Behind Right, Right Together Step Lft Slightly Forward

## Shuffle Forward Turn ½ Walk Back, Coaster ,Heel Hook Heel Touch

- 1&2 Shuffle Forward Rt, Lft, Rt,  
3-4 Turn ½ Rt Stepping Back Left ,Right  
5&6 Coaster Left Back, Rt Back, Lft Slightly Forward  
7&8& Rt heel forward / Rt heel hook on Lft shin/ Rt heel forward / Rt toe touch

## Right Wizard Steps, Left Wizard Steps ¼ Turn, 1/4 Turn

- 1,2& Diagonally Step Rt Forward, Step Lft In Behind ,Step Rt Forward  
3,4& Diagonally Step Lft Forward, Step Rt In Behind, Step Lft Forward  
5-6 Step Rt Forward Turn ¼ Left  
7-8 Step Rt Forward Turn ¼ Left

## Right Wizard Steps Left Wizard Steps ,1/2 Turn ¼ Turn

- 1,2& Diagonally Step Rt Forward ,Step Lft In Behind,Step Rt Forward  
3,4& Diagonally Step Lft Forward,Step Lft In Behind, Step Rt Forward  
5-6 Step Rt Forward Turn ½ Left  
7-8 Step Rt Forward Turn ¼ Left

Enjoy And Have Fun !!!!!

Restart 1: At Beginning Of Wall 2 Do 1st 8 Counts Kick Kick Sailor Etc  
Then Start Dance ///

Restart 2: On the 3rd wall do first 20 counts / doing forward wizard steps / then Start dance again kick,kick sailor step etc

Contact: Pandmboyer@Verizon.Net

Last Revision - 3rd Jan 2014