

Sit Back Down

Compte: 40

Mur: 4

Niveau: Beginner

Chorégraphe: Emma Olson (USA) - July 2024

Musique: Sit Back Down (feat. Maleek Berry) - Not3s : (iTunes)



No tags or restarts

Walls are Clockwise 1, 2, 3, 4

Start on "You better sit back down what you mean" @ 0:18 into the song

[Steps 1- 8] Step R foot out, Left foot out, then Rock forward with Right foot, Stepping back with Right foot into a backwards pony

- 1 Step out on R foot
- 2 Step together
- 3 Step out on L foot
- 4 Step together
- 5,6 Rock Forward on Right foot
- 7,8 Step back on Right foot, starting to pony

[Steps 9- 16] Pony Backwards starting with Left foot, then turn around facing back wall (wall 3)

- 1,2 Pony back on Left foot
- 3,4 Pony back on Right foot
- 5,6 Step back on Left foot, then forward on Right foot
- 7,8 a s stepping forward on Right foot, turn 180 degrees over right shoulder (turning towards wall 3)

[Steps 17- 24] Skate forward starting on Right foot, ending with Right foot stepping forward

- 1,2 Skate forward on Right foot, then Left foot
- 3 touch Right foot out in front
- 4 Step together
- 5 Touch Left foot in back
- 6 turn 1/4 left & step Right foot out (facing wall 2)
- 7,8 Cross Right foot over Left foot

[Steps 25- 32] Step out on Left foot, short grapevine to the right, Step out on Right foot, short grapevine to the left, heel grind turn 1/4 to the left on Left foot to new wall

- 1 Step out on L
- 2 Cross Left foot behind Right foot, starting short grapevine
- 3 Cross Left in front of Right foot, end of short grapevine
- 4 Step out on Right foot
- 5 Cross Right foot behind Left foot, starting another short grapevine
- 6 Cross Right foot in front of Left foot, end of short grapevine
- 7 Step Left foot out
- 8 Heel grind turn 1/4 on Left foot to new wall (wall 1)

[Steps 33- 40] Right leg out hold Right foot, as Right foot is coming in, turn over Right shoulder 1/4 facing new wall, Left leg out, tap Left foot, Right leg out w Right Foot tap, again turning 180 over Right shoulder to face new wall, end with Left leg out with Left foot tap, returning foot to center

- 1, 2 Right leg out & hold right foot, as Right foot is coming in, turn 1/4 over Right shoulder, to now face wall 2 (facing wall 2 now)
- 3,4 Left leg out & left foot tap

- 5,6 Right leg out & right foot tap (same as before but now turning 180 to face wall 4 (now facing wall 4))
- 7,8 Left leg out & left foot tap, returning to center

Start again!
