

Sit Down Honey

Compte: 56

Mur: 4

Niveau: Intermediate/Advanced

Chorégraphe: Marilyn Sutton (USA)

Musique: Movin' Out to the Country - Deryl Dodd



WALK FORWARD, KICK FORWARD, WALK BACK, WEIGHT CHANGES

- 1-2 Step right forward, step left forward
- 3-4 Right kick forward, step right back
- 5&6 Step left back, weight change right, left
- 7-12 Repeat 1-6
- 13&14 Shuffle forward right, left right
- 15&16 Shuffle forward left, right, left

Counts 17-40 are steps taken from the line dance Tropicana Parking Lot

SYNCOPIATION STEPS IN-PLACE (STEP 2 TIMES TO 1 COUNT OF MUSIC)

- 17& Right toe touch to right side; right step to center
- 18& Left heel tap forward; left step to center
- 19& Right heel tap forward; right step to center
- 20& Left toe touch to left side; left step to center
- 21& Right heel tap forward; right step to center
- 22& Left heel tap forward; left step to center
- 23& Right toe touch to side; right step to center
- 24& Left toe touch to side; left step to center

HEEL STEP CROSS (TRAVELING RIGHT)

Next 16 counts are side movements, but keep body direction forward

- 25&26 Right heel tap forward; right step back on ball of foot; left over right & step
- 27&28 Repeat 25&26

BRUSH/CROSS & CROSS & CROSS (TRAVELING LEFT)

- 29-30 Right brush forward; right cross over left and step
- &31 Left step to left side; right cross over left and step
- &32 Left step to left side; right cross over left and step

HEEL-STEP-CROSS (TRAVELING LEFT)

- 33&34 Left heel tap forward; left step back on ball of foot; right over left & step
- 35&36 Repeat 33&34

BRUSH/CROSS & CROSS & CROSS (TRAVELING RIGHT)

- 37-38 Left brush forward; left cross over right and step
- &39 Right step to right side; left cross over right and step
- &40 Right step to right side; left cross over right and step

JAZZ BOX WITH ¼ TURN RIGHT

- 41-44 Right step over left, step left back, right step to right with ¼ turn, left together
- 45-48 Right step over left, step left back, right step to side, left together

RIGHT AND LEFT LUNGES

- 49-50 Right lunge to right, back to center
- 51-52 Left lunge to left, back to center
- 53-56 Repeat 49-52

You can add a little arm movement with the lunges. Have fun with it.

REPEAT
