

# Sittin' On Go

**Compte:** 80

**Mur:** 2

**Niveau:** Intermediate

**Chorégraphe:** Narelle Duncan (AUS) & Trent Duncan (AUS)

**Musique:** Sittin' On Go - Bryan White



## **HEEL, HEEL, ROCK BACK, FREEZE STEP ACROSS**

- 1-4 Place right heel forward, place right heel to 45 degrees, step back on right, rock forward onto left  
5-8 Step right to right side, step left behind right, step right to right side, step left over right

## **STEP SIDE, HEEL, HEEL, ROCK BACK, FREEZE**

- 1-4 Step right to right side, place left heel forward, place left heel to 45 degrees, step back on left  
5-8 Rock forward onto right, step left to left side, step right behind left, step left to left side

## **HEEL GRIND, ROCK BACK, STEP ½ PIVOT, STEP STOMP**

- 1-4 (Like dance ranch romp) place right heel forward, grind right heel, step back on right, rock forward onto left  
5-8 Step forward right, pivot ½ turn left, step forward right, stomp left beside right

## **TWIST RIGHT SIDE, HEELS, TOES, HEELS, TOES, ROCK FORWARD, ½ STEP, SCUFF**

- 1-4 Twist to the right side - heels, toes, heels, toes  
5-8 Step left forward, rock back onto right, turn 1/2 turn left step forward left, scuff right

## **RIGHT LOCK FORWARD, SCUFF, ¼ PIVOT, ¼ PIVOT**

- 1-4 Step right forward, step left behind right, step right forward, scuff left  
5-8 Step left forward, pivot ¼ turn right, step left forward, pivot ¼ turn right

## **LEFT ROCK FORWARD, ¾ TRIPLE STEP, ROCK FORWARD, ½ SHUFFLE**

- 1-4 Step left forward, rock back onto right, turning ¾ turn step left-right-left  
5-6-7&8 Step right forward, rock back onto left, turning ½ turn right shuffle right-left-right

## **½ SHUFFLE, ½ SHUFFLE, SIDE ROCK, SAILOR STEP**

- 1&2&3&4 Turning ½ right shuffle left-right-left, turning ½ turn right shuffle right-left-right  
5-6-7&8 Step left to left side, rock weight onto right. (left sailor step) step left behind right, step right to right side, step left to left side

## **SAILOR STEP, STEP BEHIND, STEP ¼, ROCK FORWARD, COASTER STEP**

- 1&2 (Right sailor step) step right behind left, step left to left side, step right to right side  
3-4 Step left behind right, turning ¼ turn right step forward right  
5-6-7&8 Step left forward, rock back onto right, (left coaster step) step left back, step right beside left, step left forward

## **RIGHT TOUCH SIDE, HOLD, LEFT TOUCH SIDE, HOLD, RIGHT TOE DROP BACK, LEFT TOE DROP BACK**

- 1-2&3-4 Touch right toe to right side, hold 1 beat, step right together touch left toe to left side, hold 1 beat  
&5-6-7-8 Step left together, step right toe back, drop right heel, step left toe back, drop left heel

## **RIGHT TOUCH SIDE, HOLD, LEFT TOUCH SIDE, HOLD, RIGHT TOE DROP FORWARD, LEFT TOE DROP FORWARD**

- 1-2&3-4 Touch right toe to right side, hold 1 beat, step right together touch left toe to left side, hold 1 beat

&5-6-7-8 Step left together, step right toe forward, drop right heel, step left toe forward, drop left heel

**REPEAT**

**RESTART**

**On the 5th wall (should be facing the front) do the first 16 counts then restart**

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