

# Get In Sit Down Shut Up Hold On

**COPPER** KNOB  
STEPSHEETS

**Compte:** 32

**Mur:** 4

**Niveau:** Upper Beginner

**Chorégraphe:** Pam Boyer (USA) - November 2013

**Musique:** 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**

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**Last Revision - 3rd Jan 2014**

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