

# Sit Down & Shut Up

**Compte:** 32

**Mur:** 4

**Niveau:** Improver / Intermediate



**Chorégraphe:** Magali CHABRET (FR) - February 2014

**Musique:** Shut up and Hold On - Toby Keith : (CD: Drinks After Work)

**24 counts intro (18 s)**

**Section 1: R SHUFFLE FWD, L MAMBO, R SHUFFLE BACK, L SHUFFLE ½ TURN L**

- 1&2 Step Right forward – step Left beside right – step Right forward  
3&4 Rock Left forward – recover onto Right – step Left beside right  
5&6 Step Right back – step Left beside right – step Right back  
7&8 1/4 turn Left stepping Left to side – step Right beside left – 1/4 turn Left stepping Left forward (6:00) **\*\*Restart\*\***

**Section 2 VAUDEVILLE R & L, PIVOT ½ TURN L, WALK FWD R-L**

- 1&2& Cross Right over left – step Left to side, slightly back – touch Right heel diagonally forward – step Right beside left  
3&4& Cross Left over right – step Right to side, slightly back – touch Left heel diagonally forward – step Left beside right  
5-6 Step Right forward – pivot 1/2 turn Left (12:00)  
7-8 Step Right forward – step Left forward

**Section 3: R KICK BALL POINT, CROSS BACK, POINT, R SAILOR STEP, BEHIND ¼ TURN R, STEP**

- 1&2 Kick Right forward – step ball of Right next to left – point Left to side  
3-4 Cross Left behind right – point Right to side **\*\*Restart\*\***  
5&6 Cross ball of Right behind left – step ball of Left to side – step Right to side  
7&8 Cross Left behind right – 1/4 turn Right stepping Right forward – step Left forward (3:00)

**Section 4: HEEL SWIVELS, KICK, R COASTER STEP, L ROCK FWD, RECOVER, TRIPLE FULL TURN L IN PLACE**

- 1&2 Touch Right toe slightly forward & swivel both heels to Right – swivel both heels to center – Kick Right forward  
3&4 Step back on ball of Right – step ball of Left next to right – step Right forward  
5-6 Rock Left forward – recover onto Right  
7&8 Triple full turn Left stepping L-R-L (3:00)

**RESTARTS : -**

**2nd wall : Restart after 8 counts, face to 9:00**

**4th wall : Restart after 20 counts, face to 12:00**

**Original Stepsheet of the choreographer - [galicountry76@yahoo.fr](mailto:galicountry76@yahoo.fr) - [www.galichabret.com](http://www.galichabret.com)**