

# Sit Down

拍数: 32      墙数: 4      级数: Improver  
编舞者: John Dowling (UK)  
音乐: Sit Down Next To Me - James



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## RIGHT FORWARD SHUFFLE, LEFT FORWARD SHUFFLE, STEP, PIVOT ½ TURN, SHUFFLE ½ TURN LEFT

1&2      Right step forward, step left next to right, right step forward  
3&4      Left step forward, step right next to left, left step forward  
5-6      Step right foot forward, pivot ½ turn left  
7&8      Making a ½ turn left, right step forward, step left next to right, right step forward

## LEFT EXTENDED WEAVE, RIGHT SIDE TOGETHER

1-2      Step left to left side, step right across in front of left  
3-4      Step left to left side, step right across behind left  
5-6      Step left to left side, touch right next to left  
7-8      Touch right out to right side, touch right next to left

## RIGHT GRAPEVINE, ¼ TURN RIGHT, RIGHT SHUFFLE FORWARD, LEFT ROCK, RECOVER

1-2      Step right to right side, step left across behind right  
3-4      Step right to right side, step left across in front of right making a ¼ turn right  
5&6      Right step forward, step left next to right, right step forward  
7-8      Rock step forward on left, recover weight back onto right

## LEFT BACKWARD SHUFFLE, RIGHT BACKWARD SHUFFLE WITH ½ TURN RIGHT, ROCK, RECOVER LEFT COASTER STEP

1&2      Left step backward, step right next to left, left step backward  
3&4      Making a ½ turn right, right step backward, step left next to right, right step backward  
5-6      Rock step forward on left, recover weight back onto right  
7&8      Step back on left, step right in place, step slightly forward on left

**REPEAT**

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