

# Stop Showing Up

**COPPER** KNOB  
STEPSHEETS

拍数: 128      墙数: 1      级数: Phrased Intermediate  
编舞者: NiNa Ralliza (INA), Stefan Schützer (NOR) & Tanja Enget (NOR) - January 2013  
音乐: Stop Showing Up - Roger McAndre & Urban Cowboys



Sequence: AB, B\*, BB, B\*, CB, B\*\*  
Start dancing on lyrics

## Part A (Intro) - 48 counts

### STEP, SWIVEL X3, STEP, SWIVEL X3

1-4            Step right diagonally forward, swivel left heel, toe, heel, ending beside right  
5-8            Step left diagonally forward, swivel right heel, toe, heel, ending beside left

### 1/4 PIVOT WITH HOLD TWICE

1-4            Step right forward, hold, turn left, hold  
5-8            Step right forward, hold, turn left, hold

### KICK BALL STEP TWICE, MONTEREY 1/2 TURN

1&2            Kick right forward, step right toe into left, step left forward  
3&4            Kick right forward, step right toe into left, step left forward  
5-8            Touch right to side, turn ½ right and step right together, touch left to side, step left together

### STEP, SAILOR WALK, TOUCH

1            Step right diagonally forward  
2&3            Cross left behind right, step right to side, step left forward  
4&5            Cross right behind left, step left to side, step right forward  
6&7            Cross left behind right, step right to side, step left forward  
8            Touch right together

### TOUCH, CROSS X4

1-2            Touch right to side, cross right over left  
3-4            Touch left to side, cross left over right  
5-6            Touch right to side, cross right over left  
7-8            Touch left to side, cross left over right

### HEEL JACKS TWICE, HOLD, UNWIND

&1&2            Step right to side, touch left heel diagonally forward, step left together, cross right over left  
&3&4            Step left to side, touch right heel diagonally forward, step right together, cross left over right  
5-8            Hold, unwind over 3 counts

## Part B - 48 counts

### CHASSE BOX

1&2            Chasse to the right- right, left, right  
3&4            Step left to left while turning ¼ to the left (facing 9:00), step right together, step left to side  
5&6            Step right to right while turning ¼ to left (facing 6:00), step left together, step right to side  
7&8            Step left to left while turning ¼ to the left (facing 3:00), step right together, step left to side

### CROSS ROCK, CHASSE, CROSS ROCK, CHASSE

1-2            Cross right over left, recover  
3&4            Chasse side right, left, right  
5-6            Cross left over right, recover  
7&8            Chasse side left, right, left

### **HEEL, TOE, TOE, HEEL, STEP, TOUCH, STEP, TOUCH**

- 1&2 Touch right heel forward, step right together, touch left toe back  
&3&4 Step left together, touch right toe back while turning  $\frac{1}{4}$  to left, step right together, touch left heel forward  
&5-6 Step left together, step right forward, touch left toe behind right  
7-8 Step left back, touch right toe over left

### **SHUFFLE, STEP, TURN WITH HOOK, SHUFFLE TWICE**

- 1&2 Chasse forward right, left, right  
3-4 Step left forward,  $\frac{1}{2}$  turn to right and hook right foot over left  
5&6 Chasse forward right, left, right  
7&8 Chasse forward left, right, left

### **MONTEREY TURN, STEP, HOLD**

- 1-4 Touch right side, turn  $\frac{1}{2}$  right and step right together, touch left to side, step left together  
5-8 Step right to side, hold (6-8)

### **BACK, CLAP, BACK, CLAP, DWIGHT SWIVELS MOVING TO THE RIGHT**

- &1-2 Step right back, step left back, clap  
&3-4 Step right back, step left back, clap  
5 Swivel left heel to right while right toe touches beside left  
6 Swivel left toe to right while right heel touches beside left  
7 Swivel left heel to right while right toe touches beside left  
8 Swivel left toe to right while right heel touches beside left

### **PART B\***

Same as Part B except make a stop sign with your hand on count 38-40 (break in the music)

### **PART B\*\***

Same as Part B except make a stop sign with your hand on count 38 (Long break in the music)

### **Part C - 32 counts**

#### **CHASSE BOX**

- 1&2 Chasse to the right- right, left, right  
3&4 Step left to left while turning  $\frac{1}{4}$  to the left (facing 9:00), step right together, step left to side  
5&6 Step right to right while turning  $\frac{1}{4}$  to left (facing 6:00), step left together, step right to side  
7&8 Step left to left while turning  $\frac{1}{4}$  to the left (facing 3:00), step right together, step left to side

### **CROSS ROCK, CHASSE, CROSS ROCK, CHASSE**

- 1-2 Cross right over left, recover  
3&4 Chasse side right, left, right  
5-6 Cross left over right, recover  
7&8 Chasse side left, right, left

### **HEEL, TOE, TOE, HEEL, STEP, TOUCH, STEP, TOUCH**

- 1&2 Touch right heel forward, step right together, touch left toe back  
&3&4 Step left together, touch right toe back while turning  $\frac{1}{4}$  to left, step right together, touch left heel forward  
&5-6 Step left together, step right forward, touch left toe behind right  
7-8 Step left back, touch right toe over left

### **SHUFFLE, STEP, TURN WITH HOOK, SHUFFLE , RIGHT 1/2 TURN SHUFFLE**

- 1&2 Chasse forward right, left, right  
3-4 Step left forward,  $\frac{1}{2}$  turn to right and hook right foot over left  
5&6 Chasse forward right, left, right  
7&8 Turn  $\frac{1}{4}$  turn right and step left to left, step right together, turn  $\frac{1}{4}$  right and step left back

**Ending: Cross right over left, unwind full turn left!**

**Have Fun!**

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