

# Get In Sit Down Shut Up Hold On

**COPPER** KNOB  
STEPSHEETS

拍数: 32      墙数: 4      级数: Upper Beginner  
编舞者: Pam Boyer (USA) - November 2013  
音乐: 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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