

# Get In, Sit Down

COPPER KNOB  
STEPSHEETS

拍数: 32                      墙数: 4                      级数: Intermediate  
编舞者: Jenny Ogden & Rebecca Ross (AUS) - March 2014  
音乐: Shut up and Hold On - Toby Keith : (Album: Drinks After Work.)



**Original Position: Feet Together Weight On The Right Foot.**

**This Dance Is Done In All Four Directions.**

**Introduction – Starts 8 Counts In On Change Of Beat □**

**½ Turn, ½ Turn, Coaster Step, Dorothy Left, Dorothy Right**

1, 2                      Turn ½ R Step Fwd On R, Turn ½ R Step Back L,  
3 & 4                      Coaster: Step Back On R, Step L Together, Step Forward On R,  
5, 6&                      Dorothy Left: Step Forward On L 45, Lock R Behind L, Step L Beside R,  
7, 8&                      Dorothy Right: Step Forward On R 45, Lock L Behind R, Step R Beside L. [12:00]

**Forward Rock, Double Turn Back, Back-Back, Coaster Step**

1, 2                      Step L Forward, Rock Back Onto R,  
3&4&                      Turning Left ½ Step L Forward, ½ Step R Back, ½ Step L Forward, ½ Step R Back,  
5, 6                      Step Back On L, Step Back On R,  
7 & 8                      Coaster: Step Back On L, Step R Together, Step Forward On L. [12:00]

**Dance**

**Side Rock Across, Side Rock Across, Pivot Turn Step, Side Behind Side Cross.**

1 & 2                      Step R To Right, Rock On To L, Step R Across Left,  
3 & 4                      Step L To Left, Rock On To R, Step L Across Right,  
5 & 6                      Pivot: Step R Forward, Turn ½ L Step On L, Step R Forward, ##  
7&8&                      Step L To The Side, Step R Behind Left, Step L To The Side, Step R Across L. [6:00]

**¼, ½, Forward, Step, Scuff, Scoot, (Go Back) Run, Run, Run, Sailor Turn ¼ Tog**

1 & 2                      Turn 90 Deg R Step Back On L, Turn 180deg R Step Forward On R, Step Forward On L  
3&4                      Step Forward On R, Scuff L, Scoot Back Slightly On R  
5 & 6                      Run Backwards L, R, L,  
7 & 8&                      Turn 90deg R Sailor: Step R Behind L, Step L To Side, Step R To Side, Step L Together  
[6:00]

**Mambo Forward, Mambo Back, Cross ¼, ¼, Step, ½, ½, Step.**

1 & 2                      Step R Forward, Rock Back Onto L, Step R Beside L,  
3 & 4                      Step Back On L, Rock Forward On To R, Step L Beside Right \*\*\*  
  
5 & 6                      Step R Across L, Turn 90 Deg R Step Back on L, Turn 90 Deg R Step Fwd On R  
7&8&                      Step Forward On L, Turn L 180deg Step Back On R, Turn L 180deg Step Forward On L,  
Step Forward On R.

**Forward Rock, Side Rock, Behind Side Cross, Side Rock Cross, ¼, ½, Forward, Scuff.**

1&2&                      Rock L Heel Fwd Lifting R Heel, Replace R Heel, Rock L Heel To L Side Lifting R Heel,  
Replace R Heel  
3&4                      Step L Behind R, Step R To Side, Step L Across R,  
5&6                      Rock R To R Side, Rock Onto L, Step R Across L  
7&8&                      Turn 90 Deg R Step Back On L, Turn 180 Deg R Step Forward On R, Step L Forward, Scuff  
R

**[32] □ Repeat The Dance In New Direction Note: Full Turns Can Be Replaced With Runs**

**Tag/Restart – On Wall 2 ## Dance First 6 Counts Then Add Vine ¼ Scuff**

1&2&            Step L To Side, Step R Behind L, Turn 90deg L Step Fwd On L, Scuff R

**Restart – On Wall 4 \*\*\* Dance To Count 20 Then Restart [3:00]**

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