

Just Sit Down

COPPER **NOB**
STEPPERS

拍数: 32 墙数: 4 级数: High Improver
编舞者: Bev Andriske - June 2014
音乐: Shut up and Hold On - Toby Keith



INTRO: Start on vocals.

**ROCK FORWARD RIGHT, RECOVER, SIDE, RECOVER, BACK, RECOVER, STEP FORWARD RIGHT.
ROCK FORWARD LEFT, RECOVER, SIDE, RECOVER, BACK, RECOVER, AND STEP FORWARD LEFT.**

1&2&3&4 [1] Rock forward on right, [&] Recover back on left, [2] Rock right to right, [&] Recover on left,
[3] Rock back onto right, [&] Recover forward onto left, [4] Step forward onto right foot.

5&6&7&8 [5] Rock forward on left, [&] Recover back on right, [6] Rock left to left, [&] Recover on right,
[7] Rock back onto left, [&] Recover forward onto right, [8] Step forward onto left foot. [12:00]
**

**STEP RIGHT TO RIGHT, LEFT TOGETHER, STEP FORWARD RIGHT, STEP LEFT TO LEFT, RIGHT
TOGETHER, STEP FORWARD LEFT, FREEZE TO RIGHT & TOUCH, FREEZE TO LEFT WITH ¼ TURN
LEFT & SCUFF □**

1&23&4 [1] Step right to right side, [&] Step left beside right, [2] Step forward on right, [3] Step left to
left side, [&] Step right beside left, [4] Step forward onto left.

5&6&7&8& [5] Step right to right side, [&] Step left across behind right, [6] Step right to right, [&] Touch left
beside right, [7] Step left to left, [&] Step right across behind left, [8] Turn ¼ left stepping
forward left, [&] Scuff right forward. [9:00]

**ROCKING CHAIR, STEP RIGHT, ½ PIVOT LEFT, STEP RIGHT, ROCKING CHAIR, STEP LEFT, ¼
PADDLE RIGHT, STEP LEFT.**

1&2&3&4 [1] Rock step forward onto right, [&] Recover back onto left, [2] Rock step back onto right, [&]
Recover forward onto left, [3] Step right forward, [&] Pivot ½ turn left, [4] Step forward on
right. [3:00]****

5&6&7&8 [5] Rock step forward onto left, [&] Recover back onto right, [6] Rock step back onto left, [&]
Recover forward onto right, [7] Step left forward, [&] Paddle ¼ turn right, [8] Step forward on
left. [6:00]

SCISSORS TO RIGHT, SCISSORS TO LEFT, EXTENDED RIGHT SHUFFLE ¾ TURN RIGHT.

1&23&4 [1] Step right to right side, [&] Step left beside right, [2] Step right across in front of left foot,
[3] Step left to left side, [&] Step right beside left, [4] Step left across in front of right foot.

5&6&7&8& [5] Turn ¼ right stepping forward onto right, [&] Step left beside right, [6] Turn ¼ right
stepping forward onto right, [&] Step left beside right, [&] Turn ¼ right stepping forward onto
right, [&] Step left beside right, [8] Step forward onto right, [&] Step left beside right. [3:00]

Restarts: 2 Restarts: -

** □Wall 2: □Dance first 8 beats and restart the dance [3.00]

**** □Wall 4: □Dance to step 20 stepping forward onto right, adding [&] step left beside right foot. Restart
dance. [9.00]

WRITTEN BY BEV ANDRISKE

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