

# You Can't Sit Down

**COPPER KNOB**  
STEPSHEETS

拍數: 48      牆數: 2      級數: Beginner  
編舞者: Ed Royko (USA) - April 2017  
音樂: You Can't Sit Down - The Dovells



## S1: FORWARD TOE STRUT, MAMBO

1-2      Touch right toe forward, lower right heel  
3-4      Touch left toe forward, lower left heel  
5-6      Rock forward on right foot, recover weight to left foot  
7-8      Step back on right foot, hold

## S2: BACKWARD TOE STRUT, MAMBO

1-2      Touch left toe back, lower left heel  
3-4      Touch right toe back, lower right heel  
5-6      Rock back on left foot, recover weight to right foot  
7-8      Step forward on left foot, hold

## S3: K STEP WITH CLAPS

1-2      Step right foot diagonally forward to the right, touch left toe next to right foot and clap  
3-4      Step left foot diagonally back, touch right toe next to left foot and clap  
5-6      Step right foot diagonally back to the right, touch left toe next to right foot and clap  
7-8      Step left foot diagonally forward, touch right toe next to the left foot and clap

## S4: BOX STEP

1-2      Step right foot to the right, step left foot next to the right foot  
3-4      Step right foot forward, touch left toe next to the right foot  
5-6      Step left foot to the left, step right foot next to the left foot  
7-8      Step left foot back, touch right toe next to the left foot

## S5: RIGHT SHIMMY TWICE

1-2      Step drag right foot to the right  
3&4      Shimmy hips left, right, left  
5-6      Step drag right foot to the right  
7&8      Shimmy hips left, right, left

## S6: STEP ¼ TURN COUNTERCLOCKWISE TWICE

1-2      Step right foot forward, hold  
3-4      Turn ¼ turn counterclockwise putting weight on left foot, hold  
5-6      Step right foot forward, hold  
7-8      Turn ¼ turn counterclockwise putting weight on left foot, hold

**REPEAT**

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