

# Sit Down Honey

拍數: 56      牆數: 4      級數: Intermediate/Advanced  
編舞者: Marilyn Sutton (USA)  
音樂: Movin' Out to the Country - Deryl Dodd



## WALK FORWARD, KICK FORWARD, WALK BACK, WEIGHT CHANGES

1-2            Step right forward, step left forward  
3-4            Right kick forward, step right back  
5&6           Step left back, weight change right, left  
7-12          Repeat 1-6  
13&14        Shuffle forward right, left right  
15&16        Shuffle forward left, right, left

Counts 17-40 are steps taken from the line dance Tropicana Parking Lot

## SYNCOPIATION STEPS IN-PLACE (STEP 2 TIMES TO 1 COUNT OF MUSIC)

17&           Right toe touch to right side; right step to center  
18&           Left heel tap forward; left step to center  
19&           Right heel tap forward; right step to center  
20&           Left toe touch to left side; left step to center  
21&           Right heel tap forward; right step to center  
22&           Left heel tap forward; left step to center  
23&           Right toe touch to side; right step to center  
24&           Left toe touch to side; left step to center

## HEEL STEP CROSS (TRAVELING RIGHT)

Next 16 counts are side movements, but keep body direction forward

25&26        Right heel tap forward; right step back on ball of foot; left over right & step  
27&28        Repeat 25&26

## BRUSH/CROSS & CROSS & CROSS (TRAVELING LEFT)

29-30        Right brush forward; right cross over left and step  
&31           Left step to left side; right cross over left and step  
&32           Left step to left side; right cross over left and step

## HEEL-STEP-CROSS (TRAVELING LEFT)

33&34        Left heel tap forward; left step back on ball of foot; right over left & step  
35&36        Repeat 33&34

## BRUSH/CROSS & CROSS & CROSS (TRAVELING RIGHT)

37-38        Left brush forward; left cross over right and step  
&39           Right step to right side; left cross over right and step  
&40           Right step to right side; left cross over right and step

## JAZZ BOX WITH ¼ TURN RIGHT

41-44        Right step over left, step left back, right step to right with ¼ turn, left together  
45-48        Right step over left, step left back, right step to side, left together

## RIGHT AND LEFT LUNGES

49-50        Right lunge to right, back to center  
51-52        Left lunge to left, back to center  
53-56        Repeat 49-52

You can add a little arm movement with the lunges. Have fun with it.

REPEAT

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