

Get In Sit Down Shut Up Hold On

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Upper Beginner
編舞者: Pam Boyer (USA) - November 2013
音樂: 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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