

# Shut Up And Hold On

COPPER KNOB  
STEPSHEETS

拍數: 32      牆數: 4      級數: Improver  
編舞者: Dee Blansett (USA) & Ben Heggy (USA) - January 2014  
音樂: Shut up and Hold On - Toby Keith : (Album: Drinks After Work)



Start: On lyrics, 32 counts

## S1 (1-8) Two Stomps, Two Kicks, Coaster-Step, Side Rock, Cross, Kick-Ball-Cross

1&2&      (1) Stomp right, (&) Stomp right, (2) Kick right forward, (&) Kick right forward  
3&4      (3) Step right back, (&) Close left, (4) Step right forward  
5&6      (5) Rock left to the side, (&) Recover weight to right, (6) Cross left over right  
7&8      (7) Kick right diagonally forward, (&) Step ball of right next to left, (8) Cross left over right

Restart here on wall 2. You will be facing 3:00.

## S2 (9-16) Rumba Box Forward, ¼ Sailor-Step, Left Kick-Ball-Point

1&2      (1) Step right to the side, (&) Close left, (2) Step right forward  
3&4      (3) Step left to the side, (&) Close right, (4) Step left back  
5&6      (5) Turning ¼ turn right-step right behind left, (&) Close left, (6) Step right forward [3:00]  
7&8      (7) Kick left forward, (&) Step left next to right, (8) Point right to the side

## S3 (17-24) Cross Out-Out, Swivel ¼ Turn Right, Coaster-Step, Point, Touch, Quarter

1&2      (1) Cross right over left, (&) Step left out and back, (2) Step right out and back  
3&4      (3) Swivel heels left, (&) Swivel heels right, (4) Turn ¼ turn right- as you swivel heels weight on left [6:00] Styling: Sit slightly as you do the swivels.

Restart here on wall 4. You will be facing 12:00.

5&6      (5) Step right back, (&) Close left, (6) Step right forward  
7&8      (7) Point left to the side, (&) Touch the left next to right, (8) Turn 1/4 right and step left to the side [9:00]

## S4 (25-32) Side Rock Cross, Rock ¼ Cross, Side Rock Cross, Rock ¼ Cross

1&2      (1) Rock right to the right, (&) Recover weight to left, (2) Cross right over left [9:00]  
3&4      (3) Rock left to the side-turn ¼ turn right (&) Recover weight to right, (4) Step Left foot forward slightly crossed [12:00]  
5&6      (5) Rock right to the right, (&) Recover weight to left, (6) Cross right over left [12:00]  
7&8      (7) Rock left to the side-turn ¼ turn right (&) Recover weight to right, (8) Step Left foot forward slightly crossed [3:00]

Repeat

Restarts:-

On wall two after 8 counts, facing 3:00.

On wall four after 20 counts, facing 12:00.

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