

Sit Down & Shut Up

拍數: 32 牆數: 4 級數: Improver / Intermediate
編舞者: Magali CHABRET (FR) - February 2014
音樂: Shut up and Hold On - Toby Keith : (CD: Drinks After Work)



24 counts intro (18 s)

Section 1: R SHUFFLE FWD, L MAMBO, R SHUFFLE BACK, L SHUFFLE ½ TURN L

1&2 Step Right forward – step Left beside right – step Right forward
3&4 Rock Left forward – recover onto Right – step Left beside right
5&6 Step Right back – step Left beside right – step Right back
7&8 1/4 turn Left stepping Left to side – step Right beside left – 1/4 turn Left stepping Left forward
(6:00) **Restart**

Section 2 VAUDEVILLE R & L, PIVOT ½ TURN L, WALK FWD R-L

1&2& Cross Right over left – step Left to side, slightly back – touch Right heel diagonally forward –
step Right beside left
3&4& Cross Left over right – step Right to side, slightly back – touch Left heel diagonally forward –
step Left beside right
5-6 Step Right forward – pivot 1/2 turn Left (12:00)
7-8 Step Right forward – step Left forward

Section 3: R KICK BALL POINT, CROSS BACK, POINT, R SAILOR STEP, BEHIND ¼ TURN R, STEP

1&2 Kick Right forward – step ball of Right next to left – point Left to side
3-4 Cross Left behind right – point Right to side **Restart**
5&6 Cross ball of Right behind left – step ball of Left to side – step Right to side
7&8 Cross Left behind right – 1/4 turn Right stepping Right forward – step Left forward (3:00)

Section 4: HEEL SWIVELS, KICK, R COASTER STEP, L ROCK FWD, RECOVER, TRIPLE FULL TURN L IN PLACE

1&2 Touch Right toe slightly forward & swivel both heels to Right – swivel both heels to center –
Kick Right forward
3&4 Step back on ball of Right – step ball of Left next to right – step Right forward
5-6 Rock Left forward – recover onto Right
7&8 Triple full turn Left stepping L-R-L (3:00)

RESTARTS : -

2nd wall : Restart after 8 counts, face to 9:00

4th wall : Restart after 20 counts, face to 12:00

Original Stepsheet of the choreographer - galicountry76@yahoo.fr - www.galichabret.com