

# 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](mailto:galicountry76@yahoo.fr) - [www.galichabret.com](http://www.galichabret.com)