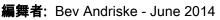
## Just Sit Down

拍數: 32

級數: High Improver



音樂: Shut up and Hold On - Toby Keith

## INTRO: Start on vocals.

ROCK FORWARD RIGHT, RECOVER, SIDE, RECOVER, BACK, RECOVER, STEP FORWARD RIGHT. ROCK FORWARD LEFT, RECOVER, SIDE, RECOVER, BACK, RECOVER, AND STEP FORWARD LEFT.	
1&2&3&4	[1] Rock forward on right, [&] Recover back on left, [2] Rock right to right, [&] Recover on left,
	[3] Rock back onto right, [&] Recover forward onto left, [4] Step forward onto right foot.
5&6&7&8	[5] Rock forward on left, [&] Recover back on right, [6] Rock left to left, [&] Recover on right, [7] Rock back onto left, [&] Recover forward onto right, [8] Step forward onto left foot. [12:00]
	**
STEP RIGHT TO RIGHT, LEFT TOGETHER, STEP FORWARD RIGHT, STEP LEFT TO LEFT, RIGHT	
TOGETHER, STEP FORWARD LEFT, FREEZE TO RIGHT & TOUCH, FREEZE TO LEFT WITH 1/4 TURN	
LEFT & SCUFI	
1&23&4	[1] Step right to right side, [&] Step left beside right, [2] Step forward on right, [3] Step left to left side, [&] Step right beside left, [4] Step forward onto left.
5&6&7&8&	[5] Step right to right side, [&] Step left across behind right, [6]Step right to right, [&] Touch left
	beside right, [7] Step left to left, [&] Step right across behind left, [8] Turn ¼ left stepping forward left, [&] Scuff right forward. [9:00]
ROCKING CHAIR, STEP RIGHT, ½ PIVOT LEFT, STEP RIGHT, ROCKING CHAIR, STEP LEFT, ¼ PADDLE RIGHT, STEP LEFT.	
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1&2&3&4	[1] Rock step forward onto right, [&] Recover back onto left, [2] Rock step back onto right, [&] Recover forward onto left, [3] Step right forward, [&] Pivot ½ turn left, [4] Step forward on right. [3:00]****
5&6&7&8	[5] Rock step forward onto left, [&] Recover back onto right, [6] Rock step back onto left, [&]
	Recover forward onto right, [7] Step left forward, [&] Paddle ¼ turn right, [8] Step forward on left. [6:00]
SCISSORS TO RIGHT, SCISSORS TO LEFT, EXTENTED RIGHT SHUFFLE ¾ TURN RIGHT.	
1&23&4	<ul><li>[1] Step right to right side, [&amp;] Step left beside right, [2] Step right across in front of left foot,</li><li>[3] Step left to left side, [&amp;] Step right beside left, [4] Step left across in front of right foot.</li></ul>
5&6&7&8&	[5] Turn ¼ right stepping forward onto right, [&] Step left beside right, [6] Turn ¼ right
	stepping forward onto right, [&] Step left beside right, [&] Turn ¼ right stepping forward onto right, [&] Step left beside right, [8] Step forward onto right, [&] Step left beside right. [3:00]
Restarts: 2 Restarts: -	

\*\* □Wall 2: □Dance first 8 beats and restart the dance [3.00]

\*\*\*\* UWall 4: Dance to step 20 stepping forward onto right, adding [&] step left beside right foot. Restart dance. [9.00]

WRITTEN BY BEV ANDRISKE MILTON COUNTRY BOOTSCOOOTERS - bandriskie@bigpond.com



**COPPER KNO** 



**牆數:**4