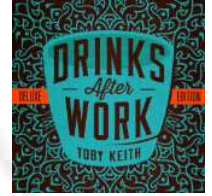


Sit Down & Shut Up



Choreographed by Magali CHABRET (France) / February 2014 - www.galichabret.com
Description : Improver / Intermediate line dance - 32 counts - 4 wall - 2 restarts
Music : Get In Sit Down Shut Up And Hold On, by Toby KEITH [CD : Drinks After Work, 2013]
90 bpm - 24 counts intro (18 s)

Section 1 R SHUFFLE FWD, L MAMBO, R SHUFFLE BACK, L SHUFFLE 1/2 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 1/2 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 1/4 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