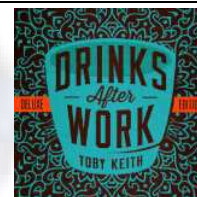


# Sit Down & Shut Up



Choreographed by Magali CHABRET (France) / February 2014 - [www.galichabret.com](http://www.galichabret.com)

Description : Improver / Easy Intermediate line dance - 32 counts - 4 walls - 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, HEEL TOUCH, 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 – touch Right heel 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)