## Sit Down \& Shut Up

Count: 32
Wall: 4
Level: Improver / Intermediate
Choreographer: Magali CHABRET (FR) - February 2014
Music: 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 $\quad 1 / 4$ 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 - <br> step Right beside left |
| :--- | :--- |
| 3\&4\& | Cross Left over right - step Right to side, slightly back - touch Left heel diagonally forward - <br> step Left beside right |
| $5-6$ | Step Right forward - pivot 1/2 turn Left (12:00) <br> $7-8$ |
| 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
$7 \& 8 \quad$ 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

