|  |  |
| --- | --- |
| Stop Showing Up |  |

.

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| . | | | | | | |
| **Compte:** | 128 | **Mur:** | 1 | **Niveau:** | Phrased Intermediate | . |
| **Chorégraphe:** | NiNa Ralliza (INA), Stefan Schützer (NOR) & Tanja Enget (NOR) - January 2013 | | | | |
| **Musique:** | Stop Showing Up - Roger McAndre & Urban Cowboys | | | | |
| . | | | | | | |

**Sequence: AB, B\*, BB, B\*, CB, B\*\***

**Start dancing on lyrics**

**Part A (Intro) - 48 counts**

**STEP, SWIVEL X3, STEP, SWIVEL X3**

|  |  |
| --- | --- |
| 1-4 | Step right diagonally forward, swivel left heel, toe, heel, ending beside right |

|  |  |
| --- | --- |
| 5-8 | Step left diagonally forward, swivel right heel, toe, heel, ending beside left |

**1/4 PIVOT WITH HOLD TWICE**

|  |  |
| --- | --- |
| 1-4 | Step right forward, hold, turn left, hold |

|  |  |
| --- | --- |
| 5-8 | Step right forward, hold, turn left, hold |

**KICK BALL STEP TWICE, MONTEREY 1/2 TURN**

|  |  |
| --- | --- |
| 1&2 | Kick right forward, step right toe into left, step left forward |

|  |  |
| --- | --- |
| 3&4 | Kick right forward, step right toe into left, step left forward |

|  |  |
| --- | --- |
| 5-8 | Touch right to side, turn ½ right and step right together, touch left to side, step left together |

**STEP, SAILOR WALK, TOUCH**

|  |  |
| --- | --- |
| 1 | Step right diagonally forward |

|  |  |
| --- | --- |
| 2&3 | Cross left behind right, step right to side, step left forward |

|  |  |
| --- | --- |
| 4&5 | Cross right behind left, step left to side, step right forward |

|  |  |
| --- | --- |
| 6&7 | Cross left behind right, step right to side, step left forward |

|  |  |
| --- | --- |
| 8 | Touch right together |

**TOUCH, CROSS X4**

|  |  |
| --- | --- |
| 1-2 | Touch right to side, cross right over left |

|  |  |
| --- | --- |
| 3-4 | Touch left to side, cross left over right |

|  |  |
| --- | --- |
| 5-6 | Touch right to side, cross right over left |

|  |  |
| --- | --- |
| 7-8 | Touch left to side, cross left over right |

**HEEL JACKS TWICE, HOLD, UNWIND**

|  |  |
| --- | --- |
| &1&2 | Step right to side, touch left heel diagonally forward, step left together, cross right over left |

|  |  |
| --- | --- |
| &3&4 | Step left to side, touch right heel diagonally forward, step right together, cross left over right |

|  |  |
| --- | --- |
| 5-8 | Hold, unwind over 3 counts |

**Part B - 48 counts**

**CHASSE BOX**

|  |  |
| --- | --- |
| 1&2 | Chasse to the right- right, left, right |

|  |  |
| --- | --- |
| 3&4 | Step left to left while turning ¼ to the left (facing 9:00), step right together, step left to side |

|  |  |
| --- | --- |
| 5&6 | Step right to right while turning ¼ to left (facing 6:00), step left together, step right to side |

|  |  |
| --- | --- |
| 7&8 | Step left to left while turning ¼ to the left (facing 3:00), step right together, step left to side |

**CROSS ROCK, CHASSE, CROSS ROCK, CHASSE**

|  |  |
| --- | --- |
| 1-2 | Cross right over left, recover |

|  |  |
| --- | --- |
| 3&4 | Chasse side right, left, right |

|  |  |
| --- | --- |
| 5-6 | Cross left over right, recover |

|  |  |
| --- | --- |
| 7&8 | Chasse side left, right, left |

**HEEL, TOE, TOE, HEEL, STEP, TOUCH, STEP, TOUCH**

|  |  |
| --- | --- |
| 1&2 | Touch right heel forward, step right together, touch left toe back |

|  |  |
| --- | --- |
| &3&4 | Step left together, touch right toe back while turning ¼ to left, step right together, touch left heel forward |

|  |  |
| --- | --- |
| &5-6 | Step left together, step right forward, touch left toe behind right |

|  |  |
| --- | --- |
| 7-8 | Step left back, touch right toe over left |

**SHUFFLE, STEP, TURN WITH HOOK, SHUFFLE TWICE**

|  |  |
| --- | --- |
| 1&2 | Chasse forward right, left, right |

|  |  |
| --- | --- |
| 3-4 | Step left forward, ½ turn to right and hook right foot over left |

|  |  |
| --- | --- |
| 5&6 | Chasse forward right, left, right |

|  |  |
| --- | --- |
| 7&8 | Chasse forward left, right, left |

**MONTEREY TURN, STEP, HOLD**

|  |  |
| --- | --- |
| 1-4 | Touch right side, turn ½ right and step right together, touch left to side, step left together |

|  |  |
| --- | --- |
| 5-8 | Step right to side, hold (6-8) |

**BACK, CLAP, BACK, CLAP, DWIGHT SWIVELS MOVING TO THE RIGHT**

|  |  |
| --- | --- |
| &1-2 | Step right back, step left back, clap |

|  |  |
| --- | --- |
| &3-4 | Step right back, step left back, clap |

|  |  |
| --- | --- |
| 5 | Swivel left heel to right while right toe touches beside left |

|  |  |
| --- | --- |
| 6 | Swivel left toe to right while right heel touches beside left |

|  |  |
| --- | --- |
| 7 | Swivel left heel to right while right toe touches beside left |

|  |  |
| --- | --- |
| 8 | Swivel left toe to right while right heel touches beside left |

**PART B\***

**Same as Part B except make a stop sign with your hand on count 38-40 (break in the music)**

**PART B\*\***

**Same as Part B except make a stop sign with your hand on count 38 (Long break in the music)**

**Part C - 32 counts**

**CHASSE BOX**

|  |  |
| --- | --- |
| 1&2 | Chasse to the right- right, left, right |

|  |  |
| --- | --- |
| 3&4 | Step left to left while turning ¼ to the left (facing 9:00), step right together, step left to side |

|  |  |
| --- | --- |
| 5&6 | Step right to right while turning ¼ to left (facing 6:00), step left together, step right to side |

|  |  |
| --- | --- |
| 7&8 | Step left to left while turning ¼ to the left (facing 3:00), step right together, step left to side |

**CROSS ROCK, CHASSE, CROSS ROCK, CHASSE**

|  |  |
| --- | --- |
| 1-2 | Cross right over left, recover |

|  |  |
| --- | --- |
| 3&4 | Chasse side right, left, right |

|  |  |
| --- | --- |
| 5-6 | Cross left over right, recover |

|  |  |
| --- | --- |
| 7&8 | Chasse side left, right, left |

**HEEL, TOE, TOE, HEEL, STEP, TOUCH, STEP, TOUCH**

|  |  |
| --- | --- |
| 1&2 | Touch right heel forward, step right together, touch left toe back |

|  |  |
| --- | --- |
| &3&4 | Step left together, touch right toe back while turning ¼ to left, step right together, touch left heel forward |

|  |  |
| --- | --- |
| &5-6 | Step left together, step right forward, touch left toe behind right |

|  |  |
| --- | --- |
| 7-8 | Step left back, touch right toe over left |

**SHUFFLE, STEP, TURN WITH HOOK, SHUFFLE , RIGHT 1/2 TURN SHUFFLE**

|  |  |
| --- | --- |
| 1&2 | Chasse forward right, left, right |

|  |  |
| --- | --- |
| 3-4 | Step left forward, ½ turn to right and hook right foot over left |

|  |  |
| --- | --- |
| 5&6 | Chasse forward right, left, right |

|  |  |
| --- | --- |
| 7&8 | Turn ¼ turn right and step left to left, step right together, turn ¼ right and step left back |

**Ending: Cross right over left, unwind full turn left!**

**Have Fun!**

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