

# 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  $\frac{1}{4}$  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,  $\frac{1}{2}$  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  $\frac{1}{2}$  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  $\frac{1}{4}$  to the left (facing 9:00), step right together, step left to side
- 5&6 Step right to right while turning  $\frac{1}{4}$  to left (facing 6:00), step left together, step right to side
- 7&8 Step left to left while turning  $\frac{1}{4}$  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  $\frac{1}{4}$  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,  $\frac{1}{2}$  turn to right and hook right foot over left
- 5&6 Chasse forward right, left, right
- 7&8 Turn  $\frac{1}{4}$  turn right and step left to left, step right together, turn  $\frac{1}{4}$  right and step left back

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

Have Fun!

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