## Sit Still Look Pretty

Compte: 32 Mur: 4 Niveau: Intermediate
Chorégraphe: Amy Glass (USA) \& Rhoda Lai (CAN) - December 2016
Musique: Sit Still, Look Pretty - Daya : (iTunes, amazon)
\#8 count intro-starts on lyrics. 16 count tag following walls $1 \& 3$ (facing 3:00 \& 9:00)
[1-8] $\square$ Press \& Press \& Cross with $1 / 4$ R, Side Rock, Cross Shuffle
1-2\& Press RF forward, Recover weight back on LF, Step RF next to LF (optional body roll with press)
3-4\& Press LF forward, Recover weight back on RF, Step LF next to RF (optional body roll with press)
56\& Cross RF over LF while turning $1 / 4 \mathrm{R}$, Rock LF to L, Recover weight on RF (3:00)
7\&8 Cross LF over RF, Step RF to R, Cross LF over RF
[9-16] Side Rock, Behind Side Cross, Sweep 3/8, Cross, Back, Together, Knee Pops/Shoulder Shrugs
1-2 Rock RF to R, Recover weight on LF
3\&4 Cross RF behind LF, Step LF to L, Cross RF over LF
5 Step on LF while sweeping RF from back to front and turning $3 / 8 \mathrm{~L}(10: 30)$
6\&7 Cross RF over LF, Step back on LF, Step RF next to LF
\&8\& Arms down to sides, pop knees $R / L$ and shrug shoulders ( $R / L$ ) ending with weight on $L$
[17-24] Walk, Walk, Mambo, Behind, Side, Cross, Look/Pivot, Sweep 5/8 Turn
1-2 Walk forward R, L
3\&4 Rock Forward on RF, Recover weight on LF, Step RF next to LF steps here
5\&6 Cross LF behind RF, Step RF to R, Cross LF in front of RF with 1/8 R squaring up to wall (12:00)
7-8 Open body $1 / 2$ R-face 6:00 (pivoting on balls of feet), Weight the LF while sweeping RF, turning $5 / 8 \mathrm{~L}$ (10:30)
[25-32] 3 3/8 R Diamond Fall Away, Kick, Out, Out, In, Touch, Hips, Step
1\&2 Cross RF over LF, Step LF back turning 1/8 R, Step RF to R (12:00)
3\&4 Cross LF behind RF turning 1/8 R, Step RF to R turning 1/8 R (3:00), Step LF forward
5\&6\&7 Kick RF forward, Step RF out, LF out, RF in, Touch LF in front of RF with knee flexed
\&8\&
Lift L hip up, Return to center, Step LF next to RF
Tag: $\square 16$ Counts Following Walls 1 \&3
[1-8] $\square$ Side, Together $x 4$ R with Shoulder Brush (L), Step Touch x4
1\&2\& Step RF to R, Close LF next to RF, Step RF to R, Close LF next to RF
3\&4\& Step RF to R, Close LF next to RF, Step RF to R, Touch LF next to RF
Optional: Brush $L$ shoulder with $R$ hand on \& counts
5\&6\& Step LF to L, Touch RF next to LF, Step RF to R, Touch LF next to RF
7\&8\& Step LF to L, Touch RF next to LF, Step RF to R, Touch LF next to RF
[9-16] Side, Together $x 4$ L with Shoulder Brush (R), R Mambo Forward, L Coaster Back
1\&2\& Step LF to L, Close RF next to LF, Step LF to L, Close RF next to LF
3\&4\& Step LF to L, Close RF next to LF, Step LF to L, Touch RF next to LF
Optional: Brush R shoulder with $L$ hand on \& counts
5\&6 Rock forward on RF, Recover weight back on LF, Step RF next to LF
7\&8 Step back on LF, Step RF next to LF, Step forward on LF

## Have fun!

Contacts: amyleeanne@gmail.com \& rhoda_eddie@yahoo.ca
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