

Stop Showing Up

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Count: 128

Wall: 1

Level: Phrased Intermediate

Choreographer: Nina Fosterud, Stefan Schützer and Tanja Enget (Jan 2013)

Music: Stop Showing Up by 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 $\frac{1}{4}$ 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 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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