

Just Sit Down

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Count: 32

Wall: 4

Level: High Improver

Choreographer: Bev Andriske (June 2014)

Music: Shut Up And Hold On by Toby Keith

INTRO: Start on vocals.

ROCK FORWARD RIGHT, RECOVER, SIDE, RECOVER, BACK, RECOVER, STEP FORWARD RIGHT. ROCK FORWARD LEFT, RECOVER, SIDE, RECOVER, BACK, RECOVER, AND STEP FORWARD LEFT.

1&2&3&4[1] Rock forward on right, [&] Recover back on left, [2] Rock right to right, [&] Recover on left, [3] Rock back onto right, [&] Recover forward onto left, [4] Step forward onto right foot.

5&6&7&8[5] Rock forward on left, [&] Recover back on right, [6] Rock left to left, [&] Recover on right, [7] Rock back onto left, [&] Recover forward onto right, [8] Step forward onto left foot. [12:00] **

STEP RIGHT TO RIGHT, LEFT TOGETHER, STEP FORWARD RIGHT, STEP LEFT TO LEFT, RIGHT TOGETHER, STEP FORWARD LEFT, FREEZE TO RIGHT & TOUCH, FREEZE TO LEFT WITH ¼ TURN LEFT & SCUFF

1&2&3&4[1] Step right to right side, [&] Step left beside right, [2] Step forward on right, [3] Step left to left side, [&] Step right beside left, [4] Step forward onto left.

5&6&7&8[5] Step right to right side, [&] Step left across behind right, [6] Step right to right, [&] Touch left beside right, [7] Step left to left, [&] Step right across behind left, [8] Turn ¼ left stepping forward left, [&] Scuff right forward. [9:00]

ROCKING CHAIR, STEP RIGHT, ½ PIVOT LEFT, STEP RIGHT, ROCKING CHAIR, STEP LEFT, ¼ PADDLE RIGHT, STEP LEFT.

1&2&3&4[1] Rock step forward onto right, [&] Recover back onto left, [2] Rock step back onto right, [&] Recover forward onto left, [3] Step right forward, [&] Pivot ½ turn left, [4] Step forward on right. [3:00]****

5&6&7&8[5] Rock step forward onto left, [&] Recover back onto right, [6] Rock step back onto left, [&] Recover forward onto right, [7] Step left forward, [&] Paddle $\frac{1}{4}$ turn right, [8] Step forward on left. [6:00]

SCISSORS TO RIGHT, SCISSORS TO LEFT, EXTENDED RIGHT SHUFFLE $\frac{3}{4}$ TURN RIGHT.

1&2&3&4[1] Step right to right side, [&] Step left beside right, [2] Step right across in front of left foot, [3] Step left to left side, [&] Step right beside left, [4] Step left across in front of right foot.

5&6&7&8&[5] Turn $\frac{1}{4}$ right stepping forward onto right, [&] Step left beside right, [6] Turn $\frac{1}{4}$ right stepping forward onto right, [&] Step left beside right, [&] Turn $\frac{1}{4}$ right stepping forward onto right, [&] Step left beside right, [8] Step forward onto right, [&] Step left beside right. [3:00]

Restarts: 2 Restarts: -

**** Wall 2: Dance first 8 beats and restart the dance [3.00]**

****** Wall 4: Dance to step 20 stepping forward onto right, adding [&] step left beside right foot. Restart dance. [9.00]**

WRITTEN BY BEV ANDRISKE

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