

# Sit Down & Shut Up

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**Count:** 32

**Wall:** 4

**Level:** Improver / Intermediate

**Choreographer:** Magali CHABRET (France) / Feb 2014

**Music:** Get In Sit Down Shut Up And Hold On, by Toby KEITH [CD : Drinks After Work, 2013] 90 bpm

## 24 counts intro (18 s)

### Section 1: R SHUFFLE FWD, L MAMBO, R SHUFFLE BACK, L SHUFFLE ½ TURN L

**1&2** Step Right forward – step Left beside right – step Right forward

**3&4** Rock Left forward – recover onto Right – step Left beside right

**5&6** Step Right back – step Left beside right – step Right back

**7&8 1/4 turn Left stepping Left to side – step Right beside left – 1/4 turn Left stepping Left forward (6:00) \*\*Restart\*\***

### Section 2 VAUDEVILLE R & L, PIVOT ½ TURN L, WALK FWD R-L

**1&2&** Cross Right over left – step Left to side, slightly back – touch Right heel diagonally forward – step Right beside left

**3&4&** Cross Left over right – step Right to side, slightly back – touch Left heel diagonally forward – step Left beside right

**5-6** Step Right forward – pivot 1/2 turn Left (12:00)

**7-8** Step Right forward – step Left forward

### Section 3: R KICK BALL POINT, CROSS BACK, POINT, R SAILOR STEP, BEHIND ¼ TURN R, STEP

**1&2** Kick Right forward – step ball of Right next to left – point Left to side

**3-4** Cross Left behind right – point Right to side \*\*Restart\*\*

**5&6** Cross ball of Right behind left – step ball of Left to side – step Right to side

**7&8** Cross Left behind right – 1/4 turn Right stepping Right forward – step Left forward (3:00)

### Section 4: HEEL SWIVELS, KICK, R COASTER STEP, L ROCK FWD, RECOVER, TRIPLE FULL TURN L IN PLACE

**1&2** Touch Right toe slightly forward & swivel both heels to Right – swivel both heels to center – Kick Right forward

- 3&4** Step back on ball of Right – step ball of Left next to right – step Right forward
- 5-6** Rock Left forward – recover onto Right
- 7&8** Triple full turn Left stepping L-R-L (3:00)

**RESTARTS : -**

**2nd wall : Restart after 8 counts, face to 9:00**

**4th wall : Restart after 20 counts, face to 12:00**

**Original Stepsheet of the choreographer - [galicountry76@yahoo.fr](mailto:galicountry76@yahoo.fr) -  
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