

# You Can't Sit Down

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**Count:** 48      **Wall:** 2      **Level:** Beginner

**Choreographer:** Ed Royko - April 2017

**Music:** You Can't Sit Down by the Dovells

## S1: FORWARD TOE STRUT, MAMBO

- 1-2      Touch right toe forward, lower right heel
- 3-4      Touch left toe forward, lower left heel
- 5-6      Rock forward on right foot, recover weight to left foot
- 7-8      Step back on right foot, hold

## S2: BACKWARD TOE STRUT, MAMBO

- 1-2      Touch left toe back, lower left heel
- 3-4      Touch right toe back, lower right heel
- 5-6      Rock back on left foot, recover weight to right foot
- 7-8      Step forward on left foot, hold

## S3: K STEP WITH CLAPS

- 1-2      Step right foot diagonally forward to the right, touch left toe next to right foot and clap
- 3-4      Step left foot diagonally back, touch right toe next to left foot and clap
- 5-6      Step right foot diagonally back to the right, touch left toe next to right foot and clap
- 7-8      Step left foot diagonally forward, touch right toe next to the left foot and clap

## S4: BOX STEP

- 1-2      Step right foot to the right, step left foot next to the right foot
- 3-4      Step right foot forward, touch left toe next to the right foot
- 5-6      Step left foot to the left, step right foot next to the left foot
- 7-8      Step left foot back, touch right toe next to the left foot

## S5: RIGHT SHIMMY TWICE

- 1-2      Step drag right foot to the right
- 3&4      Shimmy hips left, right, left
- 5-6      Step drag right foot to the right

**7&8** Shimmy hips left, right, left

**S6: STEP ¼ TURN COUNTERCLOCKWISE TWICE**

**1-2** Step right foot forward, hold

**3-4** Turn ¼ turn counterclockwise putting weight on left foot, hold

**5-6** Step right foot forward, hold

**7-8** Turn ¼ turn counterclockwise putting weight on left foot, hold

**REPEAT**

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Source: LineDance.com — [https://www.linedance.com/index.php?f=dance\\_view&id=117777](https://www.linedance.com/index.php?f=dance_view&id=117777)