

Shut Up & Hold On

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Count: 32 **Wall:** 4 **Level:** Low Intermediate

Choreographer: Paula Frohn & Ed Evangelista (12/2013)

Music: "Shut Up And Hold On" by Toby Keith

Dance starts on vocals (after 32 counts)

[1-8] SYNCOPATED ROCKING CHAIRS, SHUFFLE FORWARD, REPEAT OPPOSITE FOOTWORK

- 1&2&** Rock RF forward, replace on LF, rock back RF, replace on LF
- 3&4** Shuffle forward R-L-R
- 5&6&** Rock LF forward, replace on RF, rock back on LF, replace on RF
- 7&8** Shuffle forward L-R-L

After 1st set (facing 3 o'clock), do first 8 counts and Restart

[9-16] ROLL HIPS WHILE PIVOT ¼ LEFT TWICE, SYNCOPATED ROCKS, STEP FORWARD

- 1-2** Step forward RF, roll hips counter clockwise while pivot ¼ turn left change weight to LF
- 3-4** Step forward RF, roll hips counter clockwise while pivot ¼ turn left change weight to LF
- 5&6&** Cross rock RF in front of LF, replace on LF, rock RF to right side, replace on LF
- 7&8** Rock RF back, replace on LF, step forward RF

[17-24] STOMP FORWARD, HOLD (OPTIONAL ARMS), BODY ROLL, SHUFFLE FORWARD, ROCK FORWARD/REPLACE, ¼ LEFT STEP

- 1-2** Stomp LF forward, hold (optional: extend arms like holding on motorcycle handle bars)
- 3&4** Sit & body roll up end weight on LF (optional: roll hips counter clockwise)

After the 3rd set (6 o'clock) only do 20 counts and Restart

- 5&6** Shuffle forward R-L-R
- 7&8** Rock L forward, replace weight on RF, turn ¼ left, step LF side

[25-32] SHUFFLE FORWARD, ROCK FORWARD, REPLACE, COASTER STEP, STOMP, HOLD W/SHOULDER SHRUGS

- 1&2** Shuffle forward R-L-R
- 3-4** Rock LF forward, replace on RF

5&6 Step LF back, RF next to LF, step LF forward

7&8 Stomp RF forward (Keeping weight on LF), hold (optional: shoulder shrug-left shoulder down while right shoulder up then right shoulder down while left should up or hip roll)

Enjoy! Happy New Year 2014!

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