

Sitting It Out

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Count: 48

Wall: 4

Level: Beginner / Intermediate - waltz

Choreographer: Anne Herd (Feb 2013)

Music: In Between Dances by Pam Tillis [139 bpm / Greatest Hits]

Start dancing on lyrics

CROSS SIDE ROCK, CROSS BACK LOCK

1-2-3 Cross left over right, rock right to side, recover to left

4-5-6 Cross right over left, step left back and step right together

LOCK WALTZ BACK, LOCK WALTZ BACK

1-2-3 Cross left over right, step right back, step left back

4-5-6 Cross right over left step left back, step right back

WALTZ FORWARD $\frac{1}{2}$, WALTZ BACK

1-2-3 Step left forward, turn $\frac{1}{2}$ left and step right together, step left together

4-5-6 Step right back step left together, step right together

STEP HITCH, BACK DRAG

1-2-3 Step on left, hitch right knee for two counts

4-5-6 Step right back, drag left towards right, crossing left foot over right foot

WALTZ $\frac{1}{4}$ TURN, WALTZ BACK

1-2-3 Step left forward, turn $\frac{1}{4}$ left and step right together, step left together

4-5-6 Step right back, step left together, step right together

STEP POINT HOLD, STEP POINT HOLD

1-2-3 Step left to side, touch right to side, hold

4-5-6 Step right back, touch left to side, hold (restart here)

WALTZ FORWARD $\frac{1}{2}$, WALTZ BACK $\frac{1}{2}$

1-2-3 Waltz forward turning $\frac{1}{2}$ left

4-5-6 Waltz back turning $\frac{1}{2}$ left

FORWARD DRAG BACK DRAG

1-2-3 Step left forward drag right beside left* #

4-5-6 Step right back drag left towards right crossing left foot over right foot

REPEAT

RESTART: On walls 1 and 4, dance to count 36 and restart dance.

TAG: On walls 2 & 7 dance to count 36 and 48 respectively add the following 6 counts

1-2-3 Step left to side, touch right to side, hold

4-5-6 Step left back, touch left to side, hold

At the end of wall 8, the music slows down and stops for a few seconds. This is after count 45 (step forward on left drag right) step back on your right and drag your left foot towards and across your right, and hold until the music restarts on the word "in" as in " in between dances" and start dance form the beginning (music will be slightly slower)

ENDING: To finish the dance off, dance to count 45 (step forward on left drag right at 3:00) step right back and step on left turning $\frac{1}{4}$ left (facing 12:00) and drag right towards left

Once again, many thanks to Kath McManamon for her invaluable help in getting this dance to a recognizable state