

Get In, Sit Down

LINEDANCE.COM

Count: 32

Wall: 4

Level: Intermediate

Choreographer: Jenny Ogden & Rebecca Ross, (Qld, Aus), March 2014

Music: Shut Up And Hold On by Toby Keith. Album: Drinks After Work.

Original Position: Feet Together Weight On The Right Foot.

This Dance Is Done In All Four Directions.

Introduction - Starts 8 Counts In On Change Of Beat

½ Turn, ½ Turn, Coaster Step, Dorothy Left, Dorothy Right

- 1, 2 Turn ½ R Step Fwd On R, Turn ½ R Step Back L,
3 & 4 Coaster: Step Back On R, Step L Together, Step Forward On R,
5, 6& Dorothy Left: Step Forward On L 45, Lock R Behind L, Step L Beside R,
7, 8& Dorothy Right: Step Forward On R 45, Lock L Behind R, Step R Beside L. [12:00]

Forward Rock, Double Turn Back, Back-Back, Coaster Step

- 1, 2 Step L Forward, Rock Back Onto R,
3&4& Turning Left ½ Step L Forward, ½ Step R Back, ½ Step L Forward, ½ Step R Back,
5, 6 Step Back On L, Step Back On R,
7 & 8 Coaster: Step Back On L, Step R Together, Step Forward On L. [12:00]

Dance

Side Rock Across, Side Rock Across, Pivot Turn Step, Side Behind Side Cross.

- 1 & 2 Step R To Right, Rock On To L, Step R Across Left,
3 & 4 Step L To Left, Rock On To R, Step L Across Right,
5 & 6 Pivot: Step R Forward, Turn ½ L Step On L, Step R Forward, ##
7&8& Step L To The Side, Step R Behind Left, Step L To The Side, Step R Across L. [6:00]

¼, ½, Forward, Step, Scuff, Scoot, (Go Back) Run, Run, Run, Sailor Turn ¼ Tog

- 1 & 2 Turn 90 Deg R Step Back On L, Turn 180deg R Step Forward On R, Step Forward On L
3&4 Step Forward On R, Scuff L, Scoot Back Slightly On R
5 & 6 Run Backwards L, R, L,

7 & 8& Turn 90deg R Sailor: Step R Behind L, Step L To Side, Step R To Side, Step L Together [6:00]

Mambo Forward, Mambo Back, Cross $\frac{1}{4}$, $\frac{1}{4}$, Step, $\frac{1}{2}$, $\frac{1}{2}$, Step.

1 & 2 Step R Forward, Rock Back Onto L, Step R Beside L,

3 & 4 Step Back On L, Rock Forward On To R, Step L Beside Right ***

5 & 6 Step R Across L, Turn 90 Deg R Step Backon L, Turn 90 Deg R Step Fwd On R

7&8& Step Forward On L, Turn L 180deg Step Back On R, Turn L 180deg Step Forward On L, Step Forward On R.

Forward Rock, Side Rock, Behind Side Cross, Side Rock Cross, $\frac{1}{4}$, $\frac{1}{2}$, Forward, Scuff.

1&2& Rock L Heel Fwd Lifting R Heel, Replace R Heel, Rock L Heel To L Side Lifting R Heel, Replace R Heel

3&4 Step L Behind R, Step R To Side, Step L Across R,

5&6 Rock R To R Side, Rock Onto L, Step R Across L

7&8& Turn 90 Deg R Step Back On L, Turn 180 Deg R Step Forward On R, Step L Forward, Scuff R

[32] Repeat The Dance In New Direction Note: Full Turns Can Be Replaced With Runs

Tag/Restart - On Wall 2 ## Dance First 6 Counts Then Add Vine $\frac{1}{4}$ Scuff

1&2& Step L To Side, Step R Behind L, Turn 90deg L Step Fwd On L, Scuff R

Restart - On Wall 4 * Dance To Count 20 Then Restart [3:00]**

Contact: ozjenny@bordernet.com.au