

Get In Sit Down Shut Up Hold On

LINEDANCE.COM

Count: 32

Wall: 4

Level: Upper Beginner

Choreographer: Pam Boyer, Richmond,VA (Nov. 2013)

Music: Shut Up And Hold On by Toby Keith

Right Kick ,Kick Sailor Step/Left Kick ,Kick Sailor Step

- 1-2 Kick Rt Forward, Kick Side
- 3&4 Step Rt Behind Left, Left Together Step Rt Slightly Forward
- 5-6 Kick Left Forward ,Kick Side
- 7&8 Step Left Behind Right, Right Together Step Lft Slightly Forward

Shuffle Forward Turn $\frac{1}{2}$ Walk Back, Coaster ,Heel Hook Heel Touch

- 1&2 Shuffle Forward Rt, Lft, Rt,
- 3-4 Turn $\frac{1}{2}$ Rt Stepping Back Left ,Right
- 5&6 Coaster Left Back, Rt Back, Lft Slightly Forward
- 7&8& Rt heel forward / Rt heel hook on Lft shin/ Rt heel forward / Rt toe touch

Right Wizard Steps, Left Wizard Steps $\frac{1}{4}$ Turn, $\frac{1}{4}$ Turn

- 1,2& Diagonally Step Rt Forward, Step Lft In Behind ,Step Rt Forward
- 3,4& Diagonally Step Lft Forward, Step Rt In Behind, Step Lft Forward
- 5-6 Step Rt Forward Turn $\frac{1}{4}$ Left
- 7-8 Step Rt Forward Turn $\frac{1}{4}$ Left

Right Wizard Steps Left Wizard Steps , $\frac{1}{2}$ Turn $\frac{1}{4}$ Turn

- 1,2& Diagonally Step Rt Forward ,Step Lft In Behind,Step Rt Forward
- 3,4& Diagonally Step Lft Forward,Step Lft In Behind, Step Rt Forward
- 5-6 Step Rt Forward Turn $\frac{1}{2}$ Left
- 7-8 Step Rt Forward Turn $\frac{1}{4}$ Left

Enjoy And Have Fun !!!!!

Restart 1: At Beginning Of Wall 2 Do 1st 8 Counts Kick Kick Sailor Etc

Then Start Dance ///

Restart 2: On the 3rd wall do first 20 counts / doing forward wizard steps / then Start dance again kick,kick sailor step etc

Contact: Pandmboyer@Verizon.Net

Last Revision - 3rd Jan 2014

Source: LineDance.com — https://www.linedance.com/index.php?f=dance_view&id=95368