

## Get In Sit Down Shut Up Hold On

32 Count, 4 Wall, Improver

Choreographer: Pam Boyer (USA) Nov. 2013

Choreographed to: Shut Up And Hold On by Toby Keith

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### 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 ½ Walk Back, Coaster , Heel Hook Heel Touch

- 1&2 Shuffle Forward Rt, Lft, Rt,
- 3-4 Turn ½ Rt Stepping Back Left , Right
- 5&6 Coaster Left Back, Rt Back, Lft Slightly Forward
- 7&8& Touch Rt Heel Forward, Hook Rt In front Of Lft Shin Touch Lft Heel Then Touch

### Right Wizard Steps, Left Wizard Steps ¼ Turn, 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 ¼ Left
- 7-8 Step Rt Forward Turn ¼ Left

### Right Wizard Steps Left Wizard Steps ,1/2 Turn ¼ 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 ½ Left
- 7-8 Step Rt Forward Turn ¼ Left

**Tag:** At Beginning Of Wall 2 Do 1st 8 Counts Kick Kick Sailor Etc.  
Then Start Dance.

Enjoy And Have Fun !!!!!

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