

Just Sit Down

32 Count, 4 Wall, Improver

Choreographer: Bev Andriske (Aug 2014)

Choreographed to: Shut Up And Hold On by Toby Keith
(168 bpm)

Start dancing on lyrics

ROCK FORWARD RIGHT, RECOVER, SIDE, RECOVER, BACK, RECOVER, STEP RIGHT FORWARD ROCK FORWARD LEFT, RECOVER, SIDE, RECOVER, BACK, RECOVER, AND STEP LEFT FORWARD

- 1&2& Rock right forward, recover to left, rock right side, recover to left
- 3&4 Rock right back, recover to left, step right forward
- 5&6& Rock left forward, recover to right, rock left side, recover to right
- 7&8 Rock left back, recover to right, step left forward *R/W2

STEP RIGHT SIDE, LEFT TOGETHER, STEP RIGHT FORWARD, STEP LEFT SIDE, RIGHT TOGETHER, STEP LEFT FORWARD, FREEZE TO RIGHT & TOUCH, FREEZE TO LEFT WITH TURN ¼ LEFT & SCUFF

- 1&2 Step right side, step left together, step right forward
- 3&4 Step left side, step right together, step left forward
- 5&6& Step right side, cross left behind, step right side, touch left together
- 7&8& Step left side, cross right behind, turn ¼ left and step left forward, scuff right forward (9:00)

ROCKING CHAIR, STEP RIGHT, ½ TURN LEFT, STEP RIGHT, ROCKING CHAIR, STEP LEFT, ¼ PADDLE RIGHT, STEP LEFT

- 1&2& Rock right forward, recover to left, rock right back, recover to left
- 3&4 Step right forward, turn ½ left (weight to left), step right forward (3:00) *R/W4
- 5&6& Rock left forward, recover to right, rock left back, recover to right
- 7&8 Step left forward, turn ¼ right (weight to right), step left forward (6:00)

SCISSORS TO RIGHT, SCISSORS TO LEFT, EXTENDED RIGHT SHUFFLE ¾ TURN RIGHT

- 1&2 Step right side, step left together, cross right over
- 3&4 Step left side, step right together, cross left over
- 5& Turn ¼ right and step right forward, step left together
- 6& Turn ¼ right and step right forward, step left together
- 7&8& Turn ¼ right and step right forward, step left together, step right forward, step left together (3:00)

***RESTARTS**

On wall 2, dance first 8 counts and restart the dance (3:00)

On wall 4, dance to count 20 stepping forward to right, adding step left together. Restart dance. (9:00)