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## Stop Showing Up

Phrased, 128 Count, 1 Wall, Intermediate

Choreographer: Nina Fosterud, Stefan Schützer and Tanja Enget (NO) Dec 2007

Choreographed to: Stop Showing Up by Roger McAndre & Urban Cowboys

Sequence: AB, B\*, BB, B\*, CB, B\*\*

Start dancing on lyrics

### Part A (Intro) - 48 counts

#### STEP, SWIVEL X3, STEP, SWIVEL X3

- 1-4 Step right diagonally forward, swivel left heel, toe, heel, ending beside right
- 5-8 Step left diagonally forward, swivel right heel, toe, heel, ending beside left

#### 1/4 PIVOT WITH HOLD TWICE

- 1-4 Step right forward, hold, turn left, hold
- 5-8 Step right forward, hold, turn left, hold

#### KICK BALL STEP TWICE, MONTEREY 1/2 TURN

- 1&2 Kick right forward, step right toe into left, step left forward
- 3&4 Kick right forward, step right toe into left, step left forward
- 5-8 Touch right to side, turn ½ right and step right together, touch left to side, step left together

#### STEP, SAILOR WALK, TOUCH

- 1 Step right diagonally forward
- 2&3 Cross left behind right, step right to side, step left forward
- 4&5 Cross right behind left, step left to side, step right forward
- 6&7 Cross left behind right, step right to side, step left forward
- 8 Touch right together

#### TOUCH, CROSS X4

- 1-2 Touch right to side, cross right over left
- 3-4 Touch left to side, cross left over right
- 5-6 Touch right to side, cross right over left
- 7-8 Touch left to side, cross left over right

#### HEEL JACKS TWICE, HOLD, UNWIND

- &1&2 Step right to side, touch left heel diagonally forward, step left together, cross right over left
- &3&4 Step left to side, touch right heel diagonally forward, step right together, cross left over right
- 5-8 Hold, unwind over 3 counts

### Part B - 48 counts

#### CHASSE BOX

- 1&2 Chasse to the right- right, left, right
- 3&4 Step left to left while turning ¼ to the left (facing 9:00), step right together, step left to side
- 5&6 Step right to right while turning ¼ to left (facing 6:00), step left together, step right to side
- 7&8 Step left to left while turning ¼ to the left (facing 3:00), step right together, step left to side

#### CROSS ROCK, CHASSE, CROSS ROCK, CHASSE

- 1-2 Cross right over left, recover
- 3&4 Chasse side right, left, right
- 5-6 Cross left over right, recover
- 7&8 Chasse side left, right, left

#### HEEL, TOE, TOE, HEEL, STEP, TOUCH, STEP, TOUCH

- 1&2 Touch right heel forward, step right together, touch left toe back
- &3&4 Step left together, touch right toe back while turning ¼ to left, step right together, touch left heel forward
- &5-6 Step left together, step right forward, touch left toe behind right
- 7-8 Step left back, touch right toe over left

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**SHUFFLE, STEP, TURN WITH HOOK, SHUFFLE TWICE**

- 1&2 Chasse forward right, left, right  
3-4 Step left forward, ½ turn to right and hook right foot over left  
5&6 Chasse forward right, left, right  
7&8 Chasse forward left, right, left

**MONTEREY TURN, STEP, HOLD**

- 1-4 Touch right side, turn ½ right and step right together, touch left to side, step left together  
5-8 Step right to side, hold (6-8)

**BACK, CLAP, BACK, CLAP, DWIGHT SWIVELS MOVING TO THE RIGHT**

- &1-2 Step right back, step left back, clap  
&3-4 Step right back, step left back, clap  
5 Swivel left heel to right while right toe touches beside left  
6 Swivel left toe to right while right heel touches beside left  
7 Swivel left heel to right while right toe touches beside left  
8 Swivel left toe to right while right heel touches beside left

**PART B\***

Same as Part B except make a stop sign with your hand on count 38-40 (break in the music)

**PART B\*\***

Same as Part B except make a stop sign with your hand on count 38 (Long break in the music)

**Part C - 32 counts**

**CHASSE BOX**

- 1&2 Chasse to the right- right, left, right  
3&4 Step left to left while turning ¼ to the left (facing 9:00), step right together, step left to side  
5&6 Step right to right while turning ¼ to left (facing 6:00), step left together, step right to side  
7&8 Step left to left while turning ¼ to the left (facing 3:00), step right together, step left to side

**CROSS ROCK, CHASSE, CROSS ROCK, CHASSE**

- 1-2 Cross right over left, recover  
3&4 Chasse side right, left, right  
5-6 Cross left over right, recover  
7&8 Chasse side left, right, left

**HEEL, TOE, TOE, HEEL, STEP, TOUCH, STEP, TOUCH**

- 1&2 Touch right heel forward, step right together, touch left toe back  
&3&4 Step left together, touch right toe back while turning ¼ to left, step right together, touch left heel forward  
&5-6 Step left together, step right forward, touch left toe behind right  
7-8 Step left back, touch right toe over left

**SHUFFLE, STEP, TURN WITH HOOK, SHUFFLE, RIGHT 1/2 TURN SHUFFLE**

- 1&2 Chasse forward right, left, right  
3-4 Step left forward, ½ turn to right and hook right foot over left  
5&6 Chasse forward right, left, right  
7&8 Turn ¼ turn right and step left to left, step right together, turn ¼ right and step left back

**Ending:** Cross right over left, unwind full turn left!

Have Fun!