

“GET IN, SIT DOWN”

SONG: “Shut Up And Hold On” by TOBY KEITH.

ALBUM: “DRINKS AFTER WORK”.

ORIGINAL POSITION: FEET TOGETHER WEIGHT ON THE RIGHT FOOT.

CHOREOGRAPHER: JENNY OGDEN & REBECCA ROSS, QLD, AUS, MARCH 2014

BEATS	STEPS: This dance is done in all FOUR directions.
	INTRODUCTION – STARTS 8 COUNTS IN ON CHANGE OF BEAT
1, 2 3 & 4 5, 6& 7, 8&	½ TURN, ½ TURN, COASTER STEP, DOROTHY LEFT, DOROTHY RIGHT TURN ½ R STEP FWD ON R, TURN ½ R STEP BACK L, COASTER: STEP BACK ON R, STEP L TOGETHER, STEP FORWARD ON R, DOROTHY LEFT: STEP FORWARD ON L 45, LOCK R BEHIND L, STEP L BESIDE R, DOROTHY RIGHT: STEP FORWARD ON R 45, LOCK L BEHIND R, STEP R BESIDE L. 12:00
1, 2 3&4& 5, 6 7 & 8	FORWARD ROCK, DOUBLE TURN BACK, BACK-BACK, COASTER STEP STEP L FORWARD, ROCK BACK ONTO R, TURNING LEFT ½ STEP L FORWARD, ½ STEP R BACK, ½ STEP L FORWARD, ½ STEP R BACK, STEP BACK ON L, STEP BACK ON R, COASTER: STEP BACK ON L, STEP R TOGETHER, STEP FORWARD ON L. 12:00
	DANCE
1 & 2 3 & 4 5 & 6## 7&8&	SIDE ROCK ACROSS, SIDE ROCK ACROSS, PIVOT TURN STEP, SIDE BEHIND SIDE CROSS. STEP R TO RIGHT, ROCK ON TO L, STEP R ACROSS LEFT, STEP L TO LEFT, ROCK ON TO R, STEP L ACROSS RIGHT, PIVOT: STEP R FORWARD, TURN ½ L STEP ON L, STEP R FORWARD, STEP L TO THE SIDE, STEP R BEHIND LEFT, STEP L TO THE SIDE, STEP R ACROSS L. 6:00
1 & 2 3&4 5 & 6 7 & 8&	¼, ½, FORWARD, STEP, SCUFF, SCOOT, (GO BACK) RUN, RUN, RUN, SAILOR TURN ¼ TOG TURN 90 DEG R STEP BACK ON L, TURN 180DEG R STEP FORWARD ON R, STEP FORWARD ON L STEP FORWARD ON R, SCUFF L, SCOOT BACK SLIGHTLY ON R RUN BACKWARDS L, R, L, TURN 90DEG R SAILOR: STEP R BEHIND L, STEP L TO SIDE, STEP R TO SIDE, STEP L TOGETHER 6:00
1 & 2 3 & 4*** 5 & 6 7&8&	MAMBO FORWARD, MAMBO BACK, CROSS ¼, ¼, STEP, ½, ½, STEP. STEP R FORWARD, ROCK BACK ONTO L, STEP R BESIDE L, STEP BACK ON L, ROCK FORWARD ON TO R, STEP L BESIDE RIGHT STEP R ACROSS L, TURN 90 DEG R STEP BACK ON L, TURN 90 DEG R STEP FWD ON R STEP FORWARD ON L, TURN L 180DEG STEP BACK ON R, TURN L 180DEG STEP FORWARD ON L, STEP FORWARD ON R.
1&2& 3&4 5&6 7&8&	FORWARD ROCK, SIDE ROCK, BEHIND SIDE CROSS, SIDE ROCK CROSS, ¼, ½, FORWARD, SCUFF. ROCK L HEEL FWD LIFTING R HEEL, REPLACE R HEEL, ROCK L HEEL TO L SIDE LIFTING R HEEL, REPLACE R HEEL STEP L BEHIND R, STEP R TO SIDE, STEP L ACROSS R, ROCK R TO R SIDE, ROCK ONTO L, STEP R ACROSS L TURN 90 DEG R STEP BACK ON L, TURN 180 DEG R STEP FORWARD ON R, STEP L FORWARD, SCUFF R
1&2&	RESTART – ON WALL 2 ## DANCE FIRST 6 COUNTS THEN ADD VINE ¼ SCUFF 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
32	REPEAT THE DANCE IN NEW DIRECTION NOTE: FULL TURNS CAN BE REPLACED WITH RUNS