

# Shut Up and Hold On

Choreographers: **Dee Blansett (DeeBlansett@udancers.com)**  
and **Ben Heggy (benster@djbenster.com)**

Counts: **32**

Level: **Improver**

Walls: **4**

Start: **On lyrics, 32 counts**

Music: **Shut Up And Hold On** By: **Toby Keith (84 BPM)** Album: **Drinks After Work**

## **S1 (1-8) Two Stomps, Two Kicks, Coaster-Step, Side Rock, Cross, Kick-Ball-Cross**

1&2& (1) Stomp right, (&) Stomp right, (2) Kick right forward, (&) Kick right forward

3&4 (3) Step right back, (&) Close left, (4) Step right forward

5&6 (5) Rock left to the side, (&) Recover weight to right, (6) Cross left over right

7&8 (7) Kick right diagonally forward, (&) Step ball of right next to left, (8) Cross left over right

Restart here on wall 2. You will be facing 3:00.

## **S2 (9-16) Rumba Box Forward, ¼ Sailor-Step, Left Kick-Ball-Point**

1&2 (1) Step right to the side, (&) Close left, (2) Step right forward

3&4 (3) Step left to the side, (&) Close right, (4) Step left back

5&6 (5) Turning ¼ turn right-step right behind left, (&) Close left, (6) Step right forward [3:00]

7&8 (7) Kick left forward, (&) Step left next to right, (8) Point right to the side

## **S3 (17-24) Cross Out-Out, Swivel ¼ Turn Right, Coaster-Step, Point, Touch, Quarter**

1&2 (1) Cross right over left, (&) Step left out and back, (2) Step right out and back

3&4 (3) Swivel heels left, (&) Swivel heels right, (4) Turn ¼ turn right- as you swivel heels weight on left  
[6:00] **Styling:** Sit slightly as you do the swivels.

Restart here on wall 4. You will be facing 12:00.

5&6 (5) Step right back, (&) Close left, (6) Step right forward

7&8 (7) Point left to the side, (&) Touch the left next to right, (8) Turn 1/4 right and step left to the side [9:00]

## **S4 (25-32) Side Rock Cross, Rock 1/4 Cross, Side Rock Cross, Rock 1/4 Cross**

1&2 (1) Rock right to the right, (&) Recover weight to left, (2) Cross right over left [9:00]

3&4 (3) Rock left to the side -Turn ¼ turn right- (&) Recover weight to right, (4) Step left foot forward slightly  
crossed [12:00]

5&6 (5) Rock right to the right, (&) Recover weight to left, (6) Cross right over left [12:00]

7&8 (7) Rock left to the side -Turning ¼ turn right, (&) Recover weight to right, (8) Step left foot forward slightly  
crossed [3:00]

**Repeat**