

# Shut Up And Hold On

**Count:** 32    **Wall:** 4    **Level:** Improver

**Choreographer:** Dee Blansett and Ben Heggy (Jan 2014)

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

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**Start: On lyrics, 32 counts**

## **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 ¼ Cross, Side Rock Cross, Rock ¼ 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-turn ¼ turn right (&) Recover weight to right, (8) Step Left foot forward slightly crossed [3:00]

**Repeat**

**Restarts:-**

**On wall two after 8 counts, facing 3:00.**

**On wall four after 20 counts, facing 12:00.**

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