

# Sit Still Look Pretty



**Count:** 32      **Wall:** 4      **Level:** Intermediate

**Choreographer:** Amy Glass (USA) & Rhoda Lai (Canada) December 2016

**Music:** Sit Still, Look Pretty by Daya (3:22) iTunes, Amazon

## #8 count intro-starts on lyrics. 16 count tag following walls 1 & 3 (facing 3:00 & 9:00)

### [1-8] Press & Press & Cross with ¼ R, Side Rock, Cross Shuffle

- 1-2&      Press RF forward, Recover weight back on LF, Step RF next to LF (optional body roll with press)  
 3-4&      Press LF forward, Recover weight back on RF, Step LF next to RF (optional body roll with press)  
 5&6      Cross RF over LF while turning ¼ R, Rock LF to L, Recover weight on RF (3:00)  
 7&8      Cross LF over RF, Step RF to R, Cross LF over RF

### [9-16] Side Rock, Behind Side Cross, Sweep 3/8, Cross, Back, Together, Knee Pops/Shoulder Shrugs

- 1-2      Rock RF to R, Recover weight on LF  
 3&4      Cross RF behind LF, Step LF to L, Cross RF over LF  
 5      Step on LF while sweeping RF from back to front and turning 3/8 L (10:30)  
 6&7      Cross RF over LF, Step back on LF, Step RF next to LF  
 &&&      Arms down to sides, pop knees R/L and shrug shoulders (R/L) ending with weight on L

### [17-24] Walk, Walk, Mambo, Behind, Side, Cross, Look/Pivot, Sweep 5/8 Turn

- 1-2      Walk forward R, L  
 3&4      Rock Forward on RF, Recover weight on LF, Step RF next to LF steps here  
 5&6      Cross LF behind RF, Step RF to R, Cross LF in front of RF with 1/8 R squaring up to wall (12:00)  
 7-8      Open body ½ R—face 6:00 (pivoting on balls of feet), Weight the LF while sweeping RF, turning 5/8 R (10:30)

### [25-32] 3/8 R Diamond Fall Away, Kick, Out, Out, In, Touch, Hips, Step

- 1&2      Cross RF over LF, Step LF back turning 1/8 R, Step RF to R (12:00)  
 3&4      Cross LF behind RF turning 1/8 R, Step RF to R turning 1/8 R (3:00), Step LF forward  
 5&6&7      Kick RF forward, Step RF out, LF out, RF in, Touch LF in front of RF with knee flexed  
 &&&      Lift L hip up, Return to center, Step LF next to RF

### Tag: 16 Counts Following Walls 1 & 3

#### [1-8] Side, Together x4 R with Shoulder Brush (L), Step Touch x4

- 1&2&      Step RF to R, Close LF next to RF, Step RF to R, Close LF next to RF  
 3&4&      Step RF to R, Close LF next to RF, Step RF to R, Touch LF next to RF

#### Optional: Brush L shoulder with R hand on & counts

- 5&6&      Step LF to L, Touch RF next to LF, Step RF to R, Touch LF next to RF  
 7&8&      Step LF to L, Touch RF next to LF, Step RF to R, Touch LF next to RF

#### [9-16] Side, Together x4 L with Shoulder Brush (R), R Mambo Forward, L Coaster

**Back**

1&2& Step LF to L, Close RF next to LF, Step LF to L, Close RF next to LF

3&4& Step LF to L, Close RF next to LF, Step LF to L, Touch RF next to LF

**Optional: Brush R shoulder with L hand on & counts**

5&6 Rock forward on RF, Recover weight back on LF, Step RF next to LF

7&8 Step back on LF, Step RF next to LF, Step forward on LF

**Have fun!**

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