

Settle Down



Choreographed by Robyn Groot, Linda Wolfe & Cheryl & Gary Parker

Description: 40 count, 4 wall, intermediate line dance
Music: *Settle Down* by The McClymonts

TOE SWITCHES, BACK ROCK, RIGHT SHUFFLE FORWARD, HEEL SWITCHES

- 1& Touch right toe to right side, step right beside left
- 2& Touch left toe to left side, step left beside right
- 3-4 Rock right back, rock forward on left
- 5&6 Right shuffle forward stepping right, left, right
- 7& Touch left heel forward, step left together
- 8& Touch right heel forward, step right together

1st and 3rd restarts go here

FORWARD ROCK, ½ TURN LEFT, ½ TURN LEFT, ½ TURN LEFT, ½ TURN LEFT, BACK, BACK LEFT COASTER

- 1-2 Rock forward on left, rock right back
 - 3& Turn ½ turn left stepping forward on the left, turn ½ turn left stepping back on the right
 - 4& Turn ½ turn left stepping forward on the left, turn ½ turn left stepping back on the right
 - 5-6 Step left back, step right back
 - 7&8 Step left back, step right beside left, step forward on left
- Easy option for counts 3&4&: full turn left, walk back left, right*
- 3& Turn ½ turn left stepping forward on left, turn ½ turn left stepping right back
 - 4& Walk back left, right

SIDE ROCK, FORWARD ROCK, BACK ROCK, SIDE ROCK, EXTENDED SYNCOPATED WEAVE LEFT

- 1&2& Rock right out to right side, recover on left, rock forward on right, rock left back
- 3&4& Rock right back, rock forward on left, rock right out to right side, recover on left
- 5&6& Cross right over left, step left to side, cross right behind left, step left to side
- 7&8& Cross right over left, step left to side, cross right behind left, step left to side

MONTEREY ¼ TURN RIGHT, TOGETHER, TOUCH, HITCH, TOUCH, TOGETHER, CROSS UNWIND, CROSS UNWIND

- 1& Touch right toe out to right side, turn ¼ turn right stepping right beside left
- 2& Touch left toe out to left side, step left together, (facing 3:00)
- 3&4 Touch right toe to right side, hitch right knee slightly across left, touch right toe to right side
- &5-6 Step right together, cross left over right, unwind ½ turn right, (weight on left) (facing 9:00)
- 7-8 Cross right over left, unwind ½ turn left (weight on left), (facing 3:00)

CROSS, HEEL JACK, TOGETHER, CROSS HEEL JACK, TOGETHER, PIVOT ½ TURN LEFT, PIVOT ½ TURN LEFT, ROCKING CHAIR FORWARD & BACK

- 1& Cross right over left, step slightly left back
2& Touch right heel diagonally forward right, step right together
3& Cross left over right, step slightly right back
4& Touch right heel diagonally forward left, step left together

2nd restart goes here

- 5&6& Step forward on right, pivot ½ turn left, step forward on right, pivot ½ turn left

- 7&8& Rock forward on right, rock left back, rock right back, rock forward on left

Easy option for counts 5&6&: rocking chair forward & back

- 5&6& Rock forward on right, rock left back, rock right back, rock forward on left

REPEAT**RESTART**

After 8 counts on wall 4 (facing 9:00), at the & count, touch right next to left and restart

Restart after 36 counts on wall 5 (facing 12:00)

After 8 counts on wall 7 (facing 3:00), at the & count, touch right next to left and restart

ENDING

Music slows towards the end. Dance to count 31-32, unwind ¾ turn left to face the front