

"SITTIN' ON GO"

CASSETTE: "Between Now and Forever" by Bryan White

CHOREO: Kelli McChesney

INTRO: Wait (24) Beats / Start with LEFT foot

**Easy Advanced
Country Music**

TIME: 3:08

SEQUENCE: Wait 24, A, B, CHORUS, BREAK, A, B, CHORUS, BREAK, B, CHORUS, (2) BUCK CHAINS AND (2) DS, BREAK, ENDING.

PART A: (32 BEATS)

- (1) **"RUN AND SCUFF"** --- DS DS STEP STEP(IB) STEP SK(UP)
L R L R L R
- (1) **"KICK TURN"** --- DBL KICK TCH BNC HOP* HOP RS
* -- (turn ¾ right) R L L BOTH R R LR
- (3) **REPEAT ABOVE (8) BEATS TO FACE ALL FOUR WALLS**

PART B: (8 BEATS)

- (1) **"MY STEP"** --- DS RS Ba H*-H* T/Ba FLAP STEP
L RL R L L RR L L
* -- (takes weight) H*/HS DBL HOP TCH(IB) DS RS
R LL R L R R LR

CHORUS: (32 BEATS)

- (1) **"SYNCOPATE"** --- DS T/Ba HS STEP(O) T/Ba HS HS
L RR LL R LL RR LL
- (1) **"BASIC, ETC."** --- DS RS STEP DBL(B) STEP TCH LIFT
(turn ½ right on Basic) R LR L R R L L
- (1) **"SYNCOPATE"** --- * -- (end with left foot free)
- (1) **"BUCK CHAIN"** --- DS T/Ba T/Ba T/Ba T/Ba Ba/SI (backing up)
L RR LL RR LL R R
- (1) **REPEAT ABOVE (16) BEATS TO FACE FRONT**

BREAK: (8 BEATS)

- (2) **"KICK 3"** --- DBL KICK HOP-TOG KICK HOP-TOG KICK HOP-TOG STEP
L R BOTH L BOTH R BOTH R

ENDING: (7 BEATS)

- (2) **"BASICS"** --- (turn 360° left)
- (1) DS DS ST ST
L R L R
&1 &2 & 3

ABBREVIATIONS:

DS – double step

SK – skuff

DBL – double

TCH – touch

BNC – bounce

RS – rock step

Ba – ball

H – heel

T/Ba – toe ball

SI – slide

ST – stomp

IB – in back

O – out

L – left foot

R – right foot



Kelli McChesney
danceaddict@windstream.net
<http://www.afn.org/~kelli/>