Sitting It Out
Choreographed by Anne Herd

Description:48 count, 4 wall, beginner/intermediate waltz line dance
Music:**In Between Dances** by Pam Tillis [139 bpm / [Greatest Hits](http://www.amazon.co.uk/gp/product/B000002VR3?ie=UTF8&tag=kickit-21&linkCode=as2&camp=211189&creative=374929&creativeASIN=B000002VR3) / Available on iTunes]

Start dancing on lyrics
CROSS SIDE ROCK, CROSS BACK LOCK
1-2-3Cross left over right, rock right to side, recover to left
4-5-6Cross right over left, step left back and step right together
LOCK WALTZ BACK, LOCK WALTZ BACK
1-2-3Cross left over right, step right back, step left back
4-5-6Cross right over left step left back, step right back
WALTZ FORWARD ½, WALTZ BACK
1-2-3Step left forward, turn ½ left and step right together, step left together
4-5-6Step right back step left together, step right together
STEP HITCH, BACK DRAG
1-2-3Step on left, hitch right knee for two counts
4-5-6Step right back, drag left towards right, crossing left foot over right foot
WALTZ ¼ TURN, WALTZ BACK
1-2-3Step left forward, turn ¼ left and step right together, step left together
4-5-6Step right back, step left together, step right together
STEP POINT HOLD, STEP POINT HOLD
1-2-3Step left to side, touch right to side, hold
4-5-6Step right back, touch left to side, hold (restart here)
WALTZ FORWARD ½, WALTZ BACK ½
1-2-3Waltz forward turning ½ left
4-5-6Waltz back turning ½ left
FORWARD DRAG BACK DRAG
1-2-3Step left forward drag right beside left\* #
4-5-6Step right back drag left towards right crossing left foot over right foot
REPEAT
RESTART
On walls 1 and 4, dance to count 36 and restart dance.
TAG
On walls 2 & 7 dance to count 36 and 48 respectively add the following 6 counts
1-2-3Step left to side, touch right to side, hold
4-5-6Step left back, touch left to side, hold
At the end of wall 8, the music slows down and stops for a few seconds. This is after count 45 (step forward on left drag right) step back on your right and drag your left foot towards and across your right, and hold until the music restarts on the word "in" as in " in between dances" and start dance form the beginning (music will be slightly slower)
ENDING
To finish the dance off, dance to count 45 (step forward on left drag right at 3:00) step right back and step on left turning ¼ left (facing 12:00) and drag right towards left
Once again, many thanks to Kath McManamon for her invaluable help in getting this dance to a recognizable state