“SITTIN’ ON GO”

CASSETTE: “Between Now and Forever” by Bryan White  
CHOREO: Kelli McChesney  
INTRO: Wait (24) Beats / Start with LEFT foot  
TIME: 3:08

SEQ: 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

2. "KICK TURN" --- DBL KICK TCH BNC  HOP* HOP RS  
   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 R L R R 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 R R LL R L L LL

2. "BASIC, ETC.” --- DS RS STEP DBL(B) STEP TCH LIFT  
   (turn ½ right on Basic)  
   R LR L R R L L

3. "SYNCOPATE" --- * -- (end with left foot free)  

4. "BUCK CHAIN" --- DS T/Ba T/Ba T/Ba T/Ba Ba/Sl  
   (backing up)  
   L R R LL R R LL R R

5. REPEAT ABOVE (16) BEATS TO FACE FRONT

BREAK: (8 BEATS)

1. "KICK 3" --- DBL KICK HOP-TOG KICK HOP-TOG KICK HOP-TOG STEP  
   L R BOTH L BOTH R BOTH R

ENDING: (7 BEATS)

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

ABBREVIATIONS:

DS – double step  
RS – rock step  
ST – stomp  
SK – skuff  
Ba – ball  
IB – in back  
DBL – double  
H – heel  
O – out  
TCH – touch  
T/Ba – toe ball  
L – left foot  
BNC – bounce  
SI – slide  
R – right foot