

SETTLE DOWN

Choreographed by: Robyn Groot, Linda Wolfe & Cheryl & Gary Parker (May 08)

Music: **Settle Down** by **The McClymonts**

Descriptions: 40 count - 4 wall - Intermediate level line dance

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

8&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 $\frac{3}{4}$ turn left to face the front

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