

GET OFF THE COUCH



Choreography: Darolyn Pchajek - darolyn@daretoclog.com

Level: Intermediate

Artist: Aaron Burnett

CD: *Get off the Couch*

Start after Banjo intro - right as the singing begins

PART A

High Horse (1/2 turn left)

2 Hillbillies

Repeat to front

PART B

Triple Loop Vine Slide

Simone

Repeat with opposite footwork

Left Stamp

PART A - High Horse (1/2 turn left), 2 Hillbillies, *Repeat to front*

PART C

Windmill

Break Swivel Stomp

Repeat both steps

PART B - Triple Loop Vine Slide, Simone, *Repeat with opposite footwork*, Left Stamp

PART A - High Horse (1/2 turn left), 2 Hillbillies, *Repeat to front*

PART C - Windmill, Break Swivel Stomp, *Repeat*

PART D

2 Kentucky Drags

Rooster Run

Hillbilly Turn (1/2 turn left)

Right Triple

Repeat to front

PART A* - High Horse (1/4 turn left), 2 Hillbillies, *Repeat 3 more times to front*

ENDING

Cowboy

Triple Stamp Stomp

SEQUENCE: A B A C B A C D A* ENDING

GET OFF THE COUCH - Step Breakdown

High Horse - $\frac{1}{2}$ turn left) DS DT(xif) DT(os) RS (1/2 turn left) Ba Sl DS DS RS
L R R RL R R L R LR

2 Hillbillies - DS Tch (os) Tch (os) Tch (os) DS Tch (os) Tch (os) Tch (os)
L R R R R L L L

Triple Loop Vine Slide - DS DS(xif) DS LOOP S DS LOOP S DS Ba Sl
L R L R R L R R L R R

Simone - DT(b) Br Up Tch(xif) Tch(xif) Tch(os) Tch(xif) DS RS
L L L L L L L RL

Windmill - DS DT (xif) DT (ots) Brush (b-around) Brush (b-around) Brush (up) DS RS
L R R R R R R LR

Break Swivel Stomp - DS DS(xif)/Break Step Heel-Touch(os) Tap (os) Stamp DS RS
L R L L R R R R LR

2 Kentucky Drags- DS Drag Step(xif) DS Drag Step(xif)
L L R L L R

Rooster Run - DS DS(xif) Ba(os) Ba(xib) Ba(os) Ba(xif)
L R L R L R

Hillbilly Turn - DS Tch (os) Tch (os) Tch (os) {Turn $\frac{1}{2}$ left on the touches}
L R R R

Right Triple - DS DS DS RS
R L R LR

Cowboy - DS DS DS Br Up DS RS RS RS
L R L R R LR LR LR

Triple Stamp Stomp - DS DS DS Stamp Stomp
L R L R R