

Stand Up

Count: 64

Wand: 2

Ebene: Intermediate

Choreograf/in: Lu Olsen (AUS) - May 2015

Musik: Stand Up - One Direction : (iTunes)



#32 count intro - Ver 1.00

[1 – 8] □ Fwd, Touch tog, Side, In place, Fwd, Fwd, ½ pivot, ¼ R turning L lock shuffle fwd

1, 2 & 3, 4 Step R fwd, Touch L beside R, Rock L out to Left, Step R in place, Step L fwd 12.00'

5, 6 Step R fwd, ½ Left pivot turn, □6.00

7 & 8 (1/4 R turning lock shuffle) 1/8th Right turn & R fwd, Lock L behind R, 1/8th R turn & R fwd 9.00

[9 – 16] □ Cross, Side, ¼ L turn/back, Fwd, ½ Back, ¼ Fwd, L Cross Samba

1, 2, 3, 4 Cross L over R, Step R to Right, ¼ left turn & Rock/step L back, Rock R fwd 6.00

5, 6, ½ Right turn & step L back, ¼ Right turn & step R fwd,

7 & 8 (L Cross Samba) Cross L over R, Step R to Right, Step L to Left,

[17 – 24] Cross, Hold, Side, Cross, ½ unwind/fwd, Fwd, In place, R Sailor Cross

1, 2 & 3, 4 Cross R over L, Hold, Step L to Left, Cross R over L, ½ Left unwind & step L fwd 9.00

5, 6, 7 & 8 Step R fwd, Step L in place, Step R behind L, Step L to Left, Cross R over L

[25 – 32] Side, ¼ L in place, L Cross Samba, Cross fwd, Cross Fwd, Side, Fwd, Fwd

1, 2 Step L to Left, ¼ Right turn & step R in place, 12.00

3 & 4 (L Cross Samba) Cross L over R, Step R to Right, Step L to Left

5, 6, Sassy fwd: Moving fwd Cross R over L, Cross L over R

& 7, 8 Step/rock R to Right, Step L fwd, Step R fwd,

[33 – 40] Fwd, ¼ Pivot, L Cross Shuffle, ¼ L turn back, ½ L fwd, Fwd, ¼ pivot

1, 2 Step L fwd, ¼ Right pivot turn (wght R), □3.00

3 & 4 (L Cross shuffle) Cross L over R, Step R to Right, Cross L over R

5, 6 ¼ left turn & step R back, ½ Left turn & step L fwd □□6.00

7, 8 Step R fwd, ¼ Left pivot turn (wght L) (hands up with lyrics) □3.00

[41 – 48] R Cross samba, L Cross Samba, Cross, Replace, ¼ R fwd, ½ R back

1 & 2 (R Cross Samba moving fwd) Cross R over L, Step L to Left, Step R to Right

3 & 4 (L Cross samba moving fwd) Cross L over R, Step R to Right, Step L to Left

5, 6 Cross R over L, Replace weight onto L,

7, 8 ¼ Right turtn & step R fwd, ½ Right turn & step L back 12.00

[49 – 56] Back, L Touch toe infront, ½ L turning L Lock shuffle, (Repeat 4 counts)

1, 2, Step R back, Touch L toe infront of R

3 & 4 1/8th Left turn & step L fwd, Lock R behind L, 1/8th left turn & step L fwd 9.00

5, 6, Step R back, Touch L toe infront of R

7 & 8 1/8th Left turn & step L fwd, Lock R behind L, 1/8th left turn & step L fwd 6.00

[57 – 64] Fwd, ½ L pivot, ½ L turning shuffle, Sweep back, Sweep back, L Coaster

1, 2 Step R fwd, ½ Left pivot turn, □12.00

3 & 4 ½ Left turning shuffle stepping R, L, R, 6.00

5, 6, Sweep/step L back, Sweep/step R back

7 & 8 L Coaster: Step L back, Step R beside L, Step L fwd □□6.00

TAG: 8 Count Tag at end of Wall 1

1, 2, 3 & 4 Step R to Right, Step L to Left, Step R behind L, Step L to Left, Cross R over L
5, 6, 7 & 8 Step L to Left, Step R to Right, Step L behind R, Step R to Right, Step L fwd

Wall 5 (last wall) dance to count 56 ** you will be facing 6.00 – to finish to the front add counts:
& 1 ½ Left turn spin on L foot/hitch R, Step R to Right..... 12.00
