

# Just Stand Up

COPPER KNOB  
STEPSHEETS

Count: 32

Wand: 4

Ebene: Intermediate

Choreograf/in: Dee Musk (UK) - September 2008

Musik: Just Stand Up! - Artists Stand Up to Cancer



**Intro: 16 Count Intro. (Approx 10 secs) start just before main vocals.**

## **Sect 1: Side, Cross, Back Side Cross, Sway Sway, Sailor Step.**

- 1,2 Step L to L side, cross step R over L.  
3&4 Step back on L, step R to R side, cross L over R.  
5,6 Step and sway R to R side, sway L to L side.  
7&8 Cross step R behind L, step L to L side, step R forward. (12 o'clock).

## **Sect 2: Step Touch, Lock Step Back, Lock Step Back, ¼ Turn R Touch.**

- 1,2 Step forward on L, touch R toe behind L.  
3&4 Step back on R, cross lock L over R, step back on R.  
5&6 Step back on L, cross lock R over L, step back on L.  
7,8 Making a ¼ turn R step R to R side, touch L beside R. \*Restarts. (3 o'clock).

## **Sect 3: ¼ Turn L, ½ Turn L, Sailor Touch And Cross, Unwind ½ Turn L, ½ Turn L, Coaster Step.**

- 1,2 Make a ¼ turn L stepping forward on L, make a ½ turn L stepping back on R.  
3&4& Cross step L behind R, step R in place, touch L toe in front of R, close L beside R.  
5,6 Cross step R over L, unwind ½ turn L (weight on L).  
7 Make a further ½ turn L stepping back on R.  
8&1 Step back on L, close R beside L, step forward on L. (6 o'clock)

## **Sect 4: Walk R, Walk L, Mambo ½ Turn R, ½ Turn R, ¼ Turn R, Side Close.**

- 2,3 Walk forward R, walk forward L.  
4&5 Rock forward on R, recover weight to L, make a ½ turn R stepping forward on R.  
6,7 Make a ½ turn R stepping back on L, make a ¼ turn R stepping side on R.  
8& Step L to L side, close R beside L. (9 o'clock).

**\* RESTARTS: DURING walls 2 and 5 – Dance up to and including count 16 then begin again.  
Restart during wall 2 you will be facing 12 o'clock to begin again.**

**Restart during wall 5 you will be facing 9 o'clock wall to begin again.**

**\*\* TAG**

**At the END of wall 6 facing 6 o'clock.**

**At the END of wall 7 facing 3 o'clock, ADD the following steps:**

- 1-4 Step L to L side, touch R beside L. Step R to R side, touch L beside R.

**Optional Ending: Dance up to and including count 6 of Section 4 then add a further ½ turn and a ¼ to finish facing front wall.**

**It looks messy and hard – but isn't - try it and see for yourself J Think of those who need our thoughts - Relax and Lose yourself - Enjoy J Luv Dee xx**