

# Stand Up

Count: 128

Wand: 1

Ebene: Low Intermediate

Choreograf/in: Shirley Lee & Kimmy Tsen (MY) - February 2014

Musik: Stand Up - Leslie Cheung



Sequence of dance: -

A TAG AB AC

A, B minus (32 counts + a 4 count ½ turn body roll to the right)

A, A minus (dance 24 counts)

Intro: Start on the words "Stand Up"

**FORWARD DIAGONAL, TOUCH, SIDE, TOUCH, BACK DIAGONAL & TOUCH TWICE**

- 1-2 Step right diagonally to right, touch left next to right
- 3-4 Step left to left, touch right next to left
- 5-6 Small step back on right diagonally, touch left next to right
- 7-8 Small step back on left diagonally, touch right next to left

**TOE STRUT JAZZ BOX**

- 1-2 Cross touch right toe over left, step down on right
- 3-4 Touch left toe behind right, step down on left
- 5-6 Touch right toe beside left, step down on right
- 7-8 Cross touch left toe over right, step down on left

**PART A (48 counts)**

**¼ TURN R, LOCK STEP, TOUCH, KNEE POPS**

- 1-4 ¼ turn right, step forward on right, lock left behind right, right forward, touch left behind right
- &5-6 ¼ turn left step down on left and pop right knee, hold
- &7-8 Step down on right and pop left knee, hold

**¼ TURN L, LOCK STEP, TOUCH, KNEE POPS**

- 1-4 ¼ turn left, step forward on left, lock right behind left, left forward, touch right behind left
- &5-6 Step down on right and pop left knee, hold
- &7-8 Step down on left and pop right knee, hold

**PIVOT ½ TURN, HOLD, ROCK, RECOVER, ½ TURN**

- 1-4 Step forward on right, pivot ½ turn left, step forward right, hold
- 5-8 Rock forward on left, recover on right, ½ turn left, stepping forward on left, hold

**TOE STRUTS, ½ MONTEREY TURN**

- 1-2 Touch right forward, step down on right
- 3-4 Touch left forward, step down on left
- 5-6 Point right to right, ½ turn right stepping right next to left
- 7-8 Point left to left, step left next to right (6)

**TOE STRUTS, ½ MONTEREY TURN**

Repeat 1-8 above

**CROSS POINT TWICE, HIP BUMPS**

- 1-2 Right over left, point left to left
- 3-4 Left over right, point right to right
- 5-8 Hip bumps RRLL

**Part B (48 counts)**

## **FORWARD DIAGONAL, TOUCH, SIDE, TOUCH, BACK DIAGONAL & TOUCH TWICE**

- 1-2 Step right diagonally to right, touch left next to right
- 3-4 Step left to left, touch right next to left
- 5-6 Small step back on right diagonally, touch left next to right
- 7-8 Small step back on left diagonally, touch right next to left

## **TOE STRUT JAZZ BOX**

- 1-2 Cross touch right toe over left, step down on right
- 3-4 Touch left toe behind right, step down on left
- 5-6 Touch right toe beside left, step down on right
- 7-8 Cross touch left toe over right, step down on left

## **1/4 TURN LEFT, HEEL, TOE, HEEL, TOE**

- & ¼ left rock back on right leaning back slightly (9)
- 1-2 Touch left heel forward, hold
- 3-4 Step down on left, leaning forward slightly, at the same time touch right toe behind, hold
- 5-8 Repeat 1-4

## **HEEL, TOE, HEEL, TOE**

- 1-2 Touch left heel forward, hold
- 3-4 Step down on left, leaning forward slightly, at the same time touch right toe behind, hold
- 5-8 Repeat 1-4

**(B minus ends here. Do an extra 4 count ½ turn body roll to the right facing 3 o'clock & start A again)**

## **¼ TURN RIGHT, OUT OUT IN IN – TWICE**

- 1-4 Step out on right, step out on right, step in on right, step in on left
- 5-8 Repeat 1-4

## **PADDLE FULL TURN LEFT**

- 1-8 Paddle full turn left

## **PART C - 32 counts**

### **SWIVEL RIGHT HOLD, SWIVEL LEFT HOLD**

- 1-4 Swivel to right side, heel, toe, heel, hold
- 5-8 Swivel to left side, heel, toe, heel, hold

## **FORWARD DIAGONAL, TOUCH, CLAP – 4 TIMES**

- 1-2 Step right forward diagonally right, touch left next to right, clap
- 3-4 Step left forward diagonally left, touch right next to left, clap
- 5-8 Repeat 1-4

## **BACK TOE STRUTS**

- 1-2 Touch right toe back, step down on right
- 3-4 Touch left toe back, step down on left
- 5-8 Repeat 1-4

## **JUMP TOUCH X 4**

- 1-2 Jump right to right, touch left next to right
- 3-4 Jump left to left, touch right next to left
- 5-8 Repeat 1-4

**Raise right and left hands a-go-go style)**

## **TAG**

- 1-4 Step right to right, touch left next to right, step left to left, touch right next to left
- 5-6 Step back on right, point to left
- 7-8 Step back on left, hitch right

**Note: For hand movements please watch demo video**

**Please email: [kimmytsen@gmail.com](mailto:kimmytsen@gmail.com) if you have difficulty getting the music.**

---