

# Stand

Count: 72

Wall: 0

Level: Advanced

Choreographer: Barry Amato (USA)

Music: Stand - Susan Ashton



## **CROSS STEP, SWEEP, CROSS STEP, CROSS STEP, SWEEP, CROSS STEP**

- 1-2-3 Cross & step right over left, sweep left from behind right, complete sweep with weight still on right
- 4-5-6 Cross & step left over right, sweep right from behind left, cross & step right over left

## **EXTEND FOOT, HITCH, ¼ TURN, CHASSE' RIGHT**

- 1-2-3 Extend left foot low to the ground on a diagonal to the left (point toes), hitch left foot to right leg (with left knee facing diagonally to the left), pivot on ball of right a ¼ turn right
- 4-5-6 Step forward on left, slide right behind left, step forward on left

**There is a slight hesitation on your travel between counts 1&2, which the music will dictate**

## **EXTEND FOOT, HITCH, PIVOT, CHASSE'**

- 1-2-3 Open a ¼ turn to front position and extend right foot low to the ground on a diagonal to the right (point toes), Hitch right foot to left leg (with right knee on a diagonal to the right), Pivot on ball of left a ¼ turn left
- 4-5-6 Step forward on right, Slide left behind right, Step forward on right

**Listen for the hesitation between counts 1 & 2**

## **SWEEP, HOLD, CROSS STEP, STEP BACK ¼, ½ TURN**

- 1-2-3 Sweep left in front of right and ¼ turn (to front position) right (use all three counts to do this)
- 4-5-6 Cross left over right, step back ¼ left on right foot, do a ½ turn left pivoting on ball of right and stepping forward on left

## **PRESS FORWARD, HOLD, COASTER STEP**

- 1-2-3 Press forward on ball of right foot, hold (2-3)
- 4-5-6 Step back on right foot, step together with left, step forward on right

## **PRESS FORWARD, HOLD, COASTER STEP**

- 1-2-3 Press forward on ball of left foot, Hold (2-3)
- 4-5-6 Step back on left foot, step together with right, step forward on left

## **STEP FORWARD, ½ TURN, STEP, TURNING COASTER STEP (½ TURN)**

- 1-2-3 Step forward on right foot, do a ½ turn left on ball of right foot, step down on left foot
- 4-5-6 Step back ½ left on right foot, step together with left foot, step forward on right foot

## **¼ TURN, HOLD, STEP, ½ TURN, STEP, CROSS STEP**

- 1-2-3 Step forward on left foot as you pivot a ¼ turn right, hold, step down on right foot in place
- 4-5-6 On ball of right foot, pivot ½ turn right and step out on left foot, step on right foot in place, cross left over right

## **STEP/SWAY RIGHT, HOLD, STEP, CROSS, UNWIND**

- 1-2-3 Step to the right as you sway into the right side, hold (2-3)
- 4-5-6 Step to the left on left foot, cross right over left and weight right foot, unwind a full turn left on right foot

## **STEP OUT, HOLD, STEP TOGETHER, STEP/SWAY LEFT, HOLD**

- 1-2-3 Step left on left, hold, step right together with left
- 4-5-6 Step to the left as you sway into the left side, hold (2-3)

**STEP/SWAY RIGHT, HOLD, CROSS STEP, STEP SIDE, ¼ TURN**

1-2-3 Step to the right as you sway into the right side, hold (2-3)

4-5-6 Cross left over right, step to the right on right, open ¼ turn left and step down on left

**¼ TURN-STEP/SWAY RIGHT, HOLD, STEP BEHIND, BALL CHANGE**

1-2-3 Open ¼ turn left pivoting on ball of left (back should be to the original wall of dance) and step right as you sway into the right side, hold (2-3)

4-5-6 Step left foot behind right, step to the right on the ball of the right foot, change weight to left foot in place

**REPEAT**

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