

Stand

Count: 32

Wall: 4

Level: Improver social cha

Choreographer: Nicholette Charlton (USA)

Music: Stand - Rascal Flatts



WALK-WALK, TRIPLE ½ TURN, ROCK & CROSS, ROCK & CROSS

- 1-2 Walk forward right - left
- 3&4 Triple step ½ turn - turning left
- 5&6 Rock out left and step left over right
- 7&8 Rock out right and step right over left

POINT FRONT, SIDE - ¼ TURN SAILOR STEP - STEP ½ TURN - FORWARD SHUFFLE

- 1&2 Point left foot forward & to left side
- 3&4 Sailor shuffle turning ¼ left
- 5-6 Step forward right ½ turn left
- 7&8 Shuffle forward right, left, right

MAMBO STEPS & POINT & ROLLED TURNS

- 1&2 Mambo forward with left foot
- 3&4 Mambo back with right foot
- 5-6 Point left foot to left side roll right shoulder down and make ¼ turn left
- 7-8 Repeat 5-6

SYNCOPATED MAMBO STEPS - FULL TURN - SHUFFLE FORWARD

- 1&2& Mambo right foot back, front, back, front
- 3&4 Mambo right foot back, front, back
- 5-6 Full turn right stepping left, right
- 7&8 Shuffle forward left, right, left

REPEAT
