

# Stand Up

**Count:** 32

**Wall:** 4

**Level:** Intermediate

**Choreographer:** Heather Frye (CAN) & Derek Steele (USA)

**Music:** Stand Up - Stella Soleil



---

## **HOP FORWARD & BACK, ¼ LEFT HOP, HOP TO RIGHT SIDE (FEET TOGETHER) STEP, SCUFF, CROSS, BACK, FORWARD**

- 1-2 Hop forward, hop back
- 3&4 Hop forward with a ¼ turn left, hop to the right, hop to the right (feet together)
- 5-6 Step forward right, scuff left
- 7&8 Cross left over right, step back on right, step forward on left

## **PIVOT ½ LEFT, PIVOT ¾ LEFT, KICK B STEP - TOUCH, BODY ROLL**

- 1-2 Step forward on right, pivot ½ left
- 3-4 Step forward on right, pivot ¾ left
- 5&6 Kick right forward, step home on right, touch left back
- 7-8 Body roll with a ¼ turn left, (feet should end up shoulder width apart and weight will be even)

## **TRAVELING PIGEON TOES TO THE RIGHT, THEN TO THE LEFT**

- 1-2 Swivel toes out, toes in
- 3&4 Toes out, toes in, toes out, (traveling right)
- 5-6 Repeat pigeon toes in, toes out
- 7&8 Toes in, toes out, toes out (traveling left)

## **FULL PADDLE TURN TO THE LEFT, KICK - STEP - STEP, SIT, "STAND UP"**

- &1 Hitch right knee, make a ¼ turn to the left while touching right out to right side
- 2-4 Repeat three more times
- 5&6 Kick right forward, step home on right, step on left (shoulder width apart)
- 7-8 Bend knees to sit, stand up

**REPEAT**

---