

# Stand Up

Compte: 32

Mur: 2

Niveau: Intermediate



Chorégraphe: Yvonne Anderson (SCO)

Musique: Stand Up (And Be Strong) - Keb' Mo'

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## REVERSE STEP-LOCK-STEP, ½ TURN RIGHT SHUFFLE, ½ RIGHT TURN REVERSE STEP-LOCK-STEP, RIGHT COASTER

- 1&2 Step left foot back, lock right foot across left foot, step left foot back
- 3&4 Make ½ turn right and shuffle forward right, left, right
- 5&6 Make ½ turn right and step left foot back, lock right foot across left, step left foot back
- 7&8 Step right foot back, step left foot beside right foot, step right foot forward

## SCUFF-SCOOT-STEP, HEEL TWISTS WITH ¼ TURN RIGHT, SAILOR STEP, ½ TURN MAMBO

- 1&2 Scuff left foot forward, hitch left knee and scoot forward on right foot, step left foot slightly forward
- 3&4 Making ¼ turn right twist heels left, right, left (3:00)
- 5&6 Step right foot behind left foot, step left foot to left, step right foot to right
- 7&8 Step left foot forward, pivot ½ turn right (weight on right), step left beside right (9:00)

Restart goes here on wall 5

## SIDE ROCK RECOVER, FULL TURN, RIGHT SAILOR, LEFT KICK AND TOUCH

- 1-2 Rock right foot to right, recover weight on left foot
- 3 Make ½ turn right and step right foot to right (3:00)
- 4 On ball of right foot make ½ turn right and step left foot to side (9:00)
- 5&6 Step right foot behind left foot, step left foot to left, step right foot to right
- 7&8 Kick left foot forward to right diagonal, step left foot across right foot, touch right toes back to left diagonal

## UNWIND, SNAP, HIP BUMPS (OR BODY ROLL), AND ¼ CROSS UNWIND, KICK-BALL-POINT

- 1-2 Keeping right toes in place make ½ turn right on ball of left foot, hold and snap fingers (3:00)
- 3&4 Touch right toes to right and bump hips left, right, left
- &5 Step right foot back making ¼ turn left, step left foot across right foot (12:00)
- 6 Unwind ½ turn right (6:00)
- 7&8 Kick right foot forward, step right foot beside left foot, point left toes to left

## REPEAT

## RESTART

Following 3rd repetition, facing the back wall, dance the first 15 counts as usual, then touch left foot beside right foot and restart the dance from the 9:00 wall

## FINISH

To finish facing the home wall substitute the last 2 counts with a 1 ¼ unwind, step right foot forward and point left foot to left.

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