

I'm Still Standing JL

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Beginner Plus
编舞者: Annemaree Sleeth (AUS) - June 2016
音乐: I'm Still Standing - Elton John : (Album: Rocket Man Definitive Hits. Australian
Tour Edition 2011. - iTunes - 3:00)



Intro Dance Starts On 32 Counts On Lyrics ('You Can)

Sec 1 [1 – 8] FWD, SLIDE, TOUCH, FWD, SLIDE, TOUCH,

1 – 2 Step R Diag Fwd, (Bending Knees) Hold
3 – 4 Slide R To L, Touch L Together, (Snapping Fingers on Touches)
5 – 6 Step L Diag Fwd, (Bending Knees) Hold
7 – 8 Slide R To L Touch R Together

Sec 2 [9 – 16] ANGLED SHUFFLES R & L

1 – 2 Step R Diag Fwd, Step L Tog (1.30 R Corner)
3 – 4 Step R Diag Fwd, Hold/Touch
5 – 6 Step L Diag Fwd, Step L Tog (7.30 L Corner)change to 10.30
7 – 8 Step L Diag Fwd, Scuff R Fwd

Option Add Rolling Hands on The Shuffles

Sec 3 [17 – 24] ROCKING CHAIR, WALK WALK

1 – 2 Rock R Fwd, Recover L (7.30)
3 – 4 Rock R Back Recover L (7.30) change both to 10.30
5 – 6 Walk R Diag Fwd , Hold (Straightening Up to New Wall)
7 – 8 Walk L Diag Fwd, Hold, (Facing New Wall)

Option Add Arms Alternating Fwd And Back)

Sec 4 [25 – 32] ROCKING CHAIR, WALK WALK

1 – 2 Rock R Fwd, Recover L 9.00
3 – 4 Rock R Back Recover L
5 – 6 Step R Fwd , Hold
7 – 8 Step L Fwd, Hold

Option Add Arms Alternating Fwd And Back)

Optional R Toe Strut & L Toe Strut on counts 5- 8

TAG V STEP On End Of Wall 1 f 9.00

Wall 2 f 6.00 Wall 6 f 6.00 Wall 10 f 6.00

V STEP WITH ARMS UP, ARMS DOWN

1 - 8 Step R Diag Fwd, Hold, Step L Diag Fwd, Hold, Step R Back, Hold, Step L Tog Hold
1 - 8 Right Arm Up ,Hold, Left Arm Up, Hold, Right Arm Down, Hold, Left Arm Down, Hold

Option Pushing Hips Forward on the V Step

Ending : Wall 15 Facing 6.00 Wall

DANCE FIRST 8 COUNTS,

1 - 8 (STEP, ½ PIVOT, STEP FWD, STEP FWD,
Step R Fwd, Hold, ½ Pivot L, Hold, Step R Fwd, Hold, Step L Fwd, Hold,

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Dedicated To Jackie Lyn For Still Standing After Ill Health. (You Are An Inspiration)

Last Update - 20th June 2016

