We're Still Standing



拍数: 64 墙数: 4 级数: Intermediate

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音乐: I'm Still Standing - Taron Egerton: (CD: Sing - Movie Soundtrack - iTunes)



#32 Count intro)

S1: Right Toe Strut. Left Toe Strut. Right Toe Strut. Left Toe Strut.

1 – 4 Touch Right toe forward. Step heel down. Touch Left toe forward. Step heel down.
5 – 8 Touch Right toe forward. Step heel down. Touch Left toe forward. Step heel down.

S2: Right Forward Rock, Right Side Rock. Right Back Rock. Step. Pivot 1/4 Turn Left.

- 1 2 Rock forward on Right. Recover weight on Left.
- 3 4 Rock Right to Right side. Recover weight on Left.
- 5 6 Rock back on Right. Recover weight on Left.
- 7 8 Step forward on Right. Pivot 1/4 turn Left. (Facing 9 o'clock)

S3: Step. Kick. Step. Kick. Step. Kick.

- 1 4 Step forward on Right. Kick Left forward. Step forward on Left. Kick Right forward.
- 5 8 Step forward on Right. Kick Left forward. Step forward on Left. Kick Right forward.

S4: Cross. Back. Back. Cross. Back. 1/2 Turn Left. Step. Step.

- 1 2 Cross Right over Left. Step slightly back on Left.
- 3 4 Step slightly back on Right. Cross Left over Right.
- 5 6 Step slightly back on Right. Turning 1/2 turn Left, step forward on Left.
- 7 8 Step forward on Right. Step forward on Left. (Facing 3 o'clock).

Bridge on Wall 1 facing 3 o'clock & Walls 4 & 6, facing 6 o'clock – 2 x Right Rocking Chairs. Continue dance.

@@@ Restart after 32 counts on Wall 3 facing 3 o'clock. Please note that from here on, the dance will start on the 3 o'clock and 9 o'clock walls and never from the front or back again.

S5: Out. Hold. Out. Hold. Slow Right Coaster Step. Hold.

- 1 2 Step Right forward to Right diagonal. Hold.
- 3 4 Step Left forward to Left diagonal. Hold.
- 5 6 Step back on Right. Step Left beside Right.
- 7 8 Step forward on Right. Hold..

S6: Step. Pivot 1/4 Turn Right. Syncopated Weave Right. Hold.

- 1 2 Step forward on Left. Pivot 1/4 turn Right. (Facing 6 o'clock)
- 3 4 Cross Left over Right. Step Right to Right side.
- 5 6 Step Left behind Right. Step Right to Right side.
- 7 8 Cross Left over Right. Hold.

S7: Right Side Rock. Hinge 1/2 Turn Right. Hold. Cross. 1/2 Turn Left. Hold.

- 1 2 Rock Right to Right side. Recover weight on Left.
- 3 4 Hinge turn 1/2 turn Right. Hold. (Weight on Right) (Facing 12 o'clock)
- 5 6 Cross Left over Right. Turning 1/4 turn Left, step back on Right.
- 7 8 Turning 1/4 turn Left, step Left to Left side. Hold. (Facing 6 o'clock)

S8: Right Mambo Step Forward. Hold. Left Coaster Step Back. Hold.

- 1 4 Rock forward on Right. Recover weight on Left. Step back slightly on Right. Hold.
- 5 8 Step back on Left. Step Right beside Left. Step forward on Left. Hold.

Start Again

There is an 8 count BRIDGE in the middle of Walls 1, 4 & 6. Dance to Count 32. Add 2 x Right Rocking Chairs

There is an 8 count TAG at the END of Wall 1 facing 6 o'clock

- 1 4 Rock Right to Right side. Recover weight to Left. Cross Right over Left. Rock Left on Left side.
- 5 8 Recover weight on Right. Cross Left over Right. Rock Right to Right side. Recover weight on Left.

@@@ There is a RESTART on Wall 3 after the first 32 counts.

Ending: On Wall 8, dance the first 31 counts, then Pivot 1/2 turn Left on Count 32 to face the front.