

Stand Up

COPPER KNOB
STEPSHEETS

拍数: 136 墙数: 1 级数: Phrased Easy Intermediate
编舞者: Wendy Loh (MY) - March 2018
音乐: Stand Up (什麼什麼) - Jolin Tsai (蔡依林)



Dance Start after 16 counts on vocal

Sequence: ABC, ABC, a(32counts)Tag, BCCC, ending

PART A (72 counts)

Section A1: R Toe Struck x2, Rocking Chair

1 2 3 4 Touch R toe forward, Step R heel in place, Touch L toe forward, Step L heel in place
5 6 7 8 Rock RF forward, recover on LF, Rock RF back, recover on LF

Section A2: R Toe Struck x2, Pivot 1/2Turn, Forward, Hold

1 2 3 4 Touch R toe forward, Step R heel in place, Touch L toe forward, Step L heel in place
5 6 7 8 Step RF Forward, pivot 1/2L Turn, Step RF Forward, Hold

Section A3: L Toe Struck x2, Rocking Chair

1 2 3 4 Touch L toe forward, Step L heel in place, Touch R toe forward, Step R heel in place
5 6 7 8 Rock LF forward, recover on RF, Rock LF back, recover on RF

Section A4: L Toe Struck x2, Pivot 1/2Turn, Forward, Hold

1 2 3 4 Touch L toe forward, Step L heel in place, Touch R toe forward, Step R heel in place
5 6 7 8 Step LF Forward, pivot 1/2R Turn, Step LF Forward, Hold

Section A5: Step, Together, Step, Touch x2

1 2 3 4 Step RF to R, Step LF next to RF, Step RF to R, Touch LF next to RF
5 6 7 8 Step LF to L, Step RF next to LF, Step LF to L, Touch RF next to LF

Section A6: R Hip Bump, L Hip Bump

1 2 3 4 Step RF to R (weight on R) & R hip bump 4 times
5 6 7 8 Change weight to L & L hip bump 4 times

Section A7: Side Toe Struck 4x

1 2 3 4 Touch RF to R, Step R heel in place, Touch LF to L, Step L heel in place
5 6 7 8 Touch RF to R, Step R heel in place, Touch LF to L, Step L heel in place

(Hand: Lift both hands up and roll)

Section A8: Step Together, Hand Movement

1 2 3 4 Step RF next to LF & Lift R hand up(1), Hold(2), Lift L hand up(3), Hold(4)
5 6 7 8 Put R hand on stomach(5), Hold(6), Put L hand cross over R hand(7), Hold(8)

Section A9: Body Roll, Knee Pop

1 2 3 4 Turn body anti-clockwise circle from Left, Back, Right, Front
5 6 Step RF in place with L knee pop, Step L heel in place with R knee pop
7 8 Step R heel in place with L knee pop, Step L heel in place with R knee pop

PART B (32 counts)

Chorus (Stand UP)

Section B1: Hand/Body Straight Up, Body Bend Forward, Step Touch

1 2 Step RF in place with L knee pop, Body Straight with both hands up, Hold
3 4 Bend Body forward diagonally Right (put R hand beside mouth, L hand on waist), Hold
5 6 7 8 Step LF to L, Touch RF next to LF, Step RF to R, Touch LF next to RF

(Hand: Turn both wrists up down in front of face like crying)

Section B2: R Hip Bump, L Hip Bump

1 2 3 4 R hip bump 4 times (weight on R)
5 6 7 8 Change weight to L & L hip bump 4 times

Section B3: Hand/Body Straight Up, Body Bend Forward, Step Touch

1 2 Step RF in place with L knee pop, Body Straight with both hands up, Hold
3 4 Bend Body forward diagonally Right (put R hand beside mouth, L hand on waist), Hold
5 6 7 8 Step LF to L, Touch RF next to LF, Step RF to R, Touch LF next to RF
(Hand: Open hands on both sides like 'what's')

Section B4: R Hip Bump, L Hip Bump

1 2 3 4 R hip bump 4 times (weight on R)
5 6 7 8 Change weight to L & L hip bump 4 times

PART C (32 counts)**Section C1: 1/4L Turn With Hip Bump**

1 2 3 & 4 1/4L turn step RF to R with hip bump R,L,R,L,R (9:00)
5 6 7 & 8 1/4L turn step LF to L with hip bump L,R,L,R,L (6:00)

Section C2: 1/4L Turn with Hip Bump

1 2 3 & 4 1/4L turn step RF to R with hip bump R,L,R,L,R (3:00)
5 6 7 & 8 1/4L turn step LF to L with hip bump L,R,L,R,L (12:00)

Section C3: & Point & Point & Hip Drop x2

&1 &2 Quickly step RF in middle (&), Point LF to L(1), Step LF in middle(&), Point RF to R(2)
&3 4 Step RF in middle (&), Point LF to L with Hip drop twice (3)(4)
&5 &6 Step LF in middle (&), Point RF to R(5), Step RF in middle(&), Point LF to L(6)
& 7 8 Step LF in middle (&), Point RF to R with Hip drop twice (7)(8)

Section C4: Forward Touch, Back Touch – 2x, Pivot 1/2Turn x2

1 2 3 4 Touch RF Forward, Touch RF Back, Touch RF Forward, Touch RF Back
5 6 7 8 Step RF Forward, Pivot 1/2L Turn, Step RF Forward, Pivot 1/2L Turn

TAG (4 counts) – Knee Pop

1 2 Step RF in place with L knee pop, Step L heel in place with R knee pop
3 4 Step R heel in place with L knee pop, Step L heel in place with R knee pop

Ending – Stand Up Pose

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