

Stand Up For Each Other

COPPERKNOB
BY STEPHENETS

拍数: 42 墙数: 4 级数: High Intermediate waltz
编舞者: Anna Oldberg (SWE) - October 2018
音乐: Stand Up for Something (feat. Common) - Andra Day



Intro: 12 counts

(1) 1 – 6 Left lunge, Full turn right 12:00

1, 2, 3 Lf lunge left (1), hold (2), hold (3)
4, 5, 6 Recover on Rf full turn right (4, 5, 6)

(2) 1 - 6 Vine, Cross rock, Recover, ¼ right 3:00

1, 2, 3 Step Lf to left side (1), step Rf behind Lf (2), step Lf to left side (3)
4, 5, 6 Cross rock Rf over Lf (4), recover on Lf (5), turn ¼ right stepping forward on Rf (6)

(3) 1 – 6 Lf forward with sweep, Rf forward with sweep* 3:00

1, 2, 3 Step Lf forward (1), sweep Rf forward for 2 counts (2, 3)
4, 5, 6 Step Rf forward (4), sweep Lf forward for 2 counts (5, 6)

(4) 1 - 6 Full chase right with Rf sweep, Sailor 3/8 right 7:30

1, 2, 3 Step forward on Lf (1), pivot ½ right stepping slightly forward on Rf (2), turn another ½ right stepping slightly back on Lf and sweeping Rf from front to back (3)

Easier option for counts 1, 2, 3: Rock forward on Lf (1), recover on Rf (2), step slightly back on Lf while sweeping Rf from front to back (3)

4, 5, 6 Step Rf behind Lf starting to turn right (4), step Lf slightly to the left side completing the 3/8 turn (5), step slightly forward on Rf (6)

(5) 1 - 6 Lf forward, ½ left, Lf back, Rf back, ½ left, Rf forward* 7:30

1, 2, 3 Step Lf forward (1), turn ½ left stepping slightly back on Rf (2), step slightly back on Lf (3)
4, 5, 6 Step Rf back (4), turn ½ left stepping slightly forward on Lf (5), step slightly forward on Rf (6)*

(6) 1 – 6 Lf forward lunge, 1 ½ right 1:30

1, 2, 3 Lf lunge forward prepping upper body to the left (Lf slightly across Rf), with right arm stretched forward, and left arm stretched back (1, 2, 3)
4, 5, 6 Turn ½ right stepping slightly forward on Rf (4), turn ½ right stepping back on Lf (5), turn ½ right stepping slightly forward on Rf (6)

Easier option for counts 4, 5, 6: turn ½ right stepping slightly forward on Rf (4), step Lf forward (5), step Rf forward (6)

(7) 1 - 6 Left twinkle 1/8 left, Right twinkle ¾ 9:00

1, 2, 3 Cross Lf over Rf (1), step Rf next to Lf (2), turn 1/8 left stepping down on Lf (3)
4, 5, 6 ** Cross Rf over Lf (4), turn ¼ right stepping slightly back on Lf (5), turn ½ right stepping slightly forward on Rf (6)**

Tag: After walls 4 and 10 (facing 12 o'clock) there is a 6 count tag. Do the following:

Tag Check step, Recover, Side, Check step, Recover, Side

1, 2, 3 Check Lf over Rf (1), recover on Rf (2), step Lf slightly to left side (3)
4, 5, 6 Check Rf over Lf (4), recover on Lf (5), step Rf slightly to right side(6)

*** Restart: On wall 2 and 6 after count 30 (facing 4:30). Turn 1/8 right to start facing 6. On wall 9 after count 18 (facing 3 o'clock)**

****Add a sweep from back to front with Lf before the tag, to simplify the cross check step**

Ending: On the last wall (13), dance up until count 30 (you will be facing 1:30), then on count 31, turn 1/8 left

but still do the lunge forward with Lf, a little across Rf.
