

Stand Up Ez

拍数: 32 墙数: 4 级数: Beginner
编舞者: Annemaree Sleeth (AUS) - November 2018
音乐: Stand Up - The Overtones : (Album: 2018 the Overtones - 3:02)



Dance Rotates Right CW

Intro -16 Counts from heavy beat approx. 12 secs - (1 Tag)

S1 [1-8] Diagonal Forward, Touch, Diagonal Forward Touch, Walks Back X 4

- 1 - 2 Step Right Diagonally Forward, Touch Left Together Click Fingers On Touches
- 3 - 4 Step Left Diagonally Forward, Touch Right Together Click Fingers On Touches
- 5 - 6 Step Right Back, Step Left Back
- 7 - 8 Step Right Back, Step Left Together

Styling : Lean Your Shoulders into the Forward Touches - Shoulder Rolls On Walks Back

S2 [9-16] Vine Right, Touch, Vine Left, Touch/Scuff

- 1 - 2 Step Right Side, Cross Left Behind Right
- 3 - 4 Step Right Side, Touch/Scuff Left Slightly Forward
- 5 - 6 Step Left Side, Cross Right Behind Left
- 7 - 8 Step Left Side, Scuff/Touch Right Slightly Forward

Option of Rolling Vines, Right and Left Add Touches

S3 [17-24] V Step ¼ Right V Step

- 1 - 2 Step Right Out Forward, Step Left Out Forward
- 3 - 4 Step Right Back, Step Left Together
- 5 - 6 1/4 Turn Right Step Right Out Forward, Step Left Out Forward 3.00
- 7 - 8 Step Back, Step Together

Styling: V Steps : Alternate Arms Up Up, On the Forward Steps
and Down, Down On The Back Steps, Twice

Right Arm Up, Left Arm Up , Then Right Arm Down, Left Arm Down

S4 [25-32] Toe Struts Forward x 2 , Rocking Chair

- 1 - 2 Touch Right Toe Forward, Drop Right Heel
- 3 - 4 Touch Left Toe Forward,, Drop Left Heel
- 5 - 6 Rock Right Forward, Recover Left
- 7 - 8 Rock Right Back, Recover Left

Tag [1 - 8] Count End Of Wall 3 Facing 9.00 2 Forward Touches, 2 Back Touches

- 1 - 2 Step Right Diagonally Forward, Touch Left Together
- 3 - 4 Step Left Diagonally Forward , Touch Right Together
- 5 - 6 Step Right Diagonally Back , Touch Left Together
- 7 - 8 Step Left Back, Touch Right Together

Ending Finish Dance

Facing 9.00, Turn ¼ Right Step Right Forward, Right Arm Up and Left Arm Down(Way)

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