

Stand

拍数: 32 墙数: 4 级数: Improver
编舞者: Sally Hung (TW) - February 2019
音乐: Stand - Jewel



Sequence of dance: 2 tags, 1 restart

Tag1 after finishing Wall 1, facing 9:00

Tag2 after finishing Wall 4, facing 12:00. Then start Wall 5 facing 6:00

Restart after finishing S2 of Wall 5, facing 12:00

Intro: 16 counts

Tag 1 (16 counts)

1,2,3&4 Step R to the R, step L together, fwd shuffle on RLR
5,6,7&8 Step L to the L, step R together, back shuffle on LRL
9&10 Cross R over L, recover on L, step R to the R
11&12 Cross L over R, recover on R, step L to the L
13&14 Rock R fwd, recover on L, step back on R
15&16 Rock back on L, recover on R, step L fwd

Tag 2 (16 counts)

1&2 Rock R to the R, recover on L, step R beside L
3&4 Rock L to the L, recover on R, step L beside R
5,6,7,8 Big step R to the R, hold, rock back L behind R, recover on R
9,10,11,12 Big step L to the L, hold, rock back R behind L, recover on L
13&14 repeat 1&2
15&16 repeat 3&4
17,18,19,20 ¼ R step R fwd, hold, ¼ R step L fwd, hold

Main Dance (32 counts)

S1. FWD SHUFFLE, KICK BALL POINT, ¼ R KICK BALL POINT, SAILOR STEP L WITH ¼ TURN L

1&2, 3&4 Fwd shuffle on RLR, kick L fwd, step down on ball of L, touch R toe to the R
5&6,7&8 ¼ R kicking R fwd, step down on ball of R, touch L toe to the L, cross L behind R, ¼ turn L
stepping R to R side, step fwd on L

S2. TAP TAP, FWD, BACK SHUFFLE, BACK SHUFFLE, TOUCH BEHIND, UNWIND ½ TURN L

1&2, 3&4 Tap R fwd twice, step R fwd, back shuffle on LRL
5&6, 7,8 Back shuffle on RLR, touch L behind R, unwind ½ turn L (weight on L)

S3. SYNCOPATED WEAVE, SIDE, ¼ TURN R, FWD SHUFFLE

1,2,3&4 Cross R in front of L, step L to L side, cross R behind L, step L to L side, cross R in front of L
5,6,7&8 Step L to L side, ¼ turn R, fwd shuffle on LRL

S4. SKATE, SKATE, STEP SIDE, ROCK, SIDE (2X), SKATE, SKATE

1,2,3&4 Skate R, skate L, step R to R side, rock L back, recover on R
5&6,7,8 Step L to L side, rock R back, recover on L, skate R, skate L

Happy Dancing!

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