

Here I Stand

拍数: 64 墙数: 4 级数: Intermediate
编舞者: Wil Bos (NL) & Colin Ghys (BEL) - September 2019
音乐: Here I Stand - Derek Ryan : (4:45)



Intro: 16 counts (Derek Ryan is counting in for you)

Grapevine R, Cross, Toe Heel, Rock Step, Recover

1-4 RF. Step R - LF. Cross behind RF – RF. Step R- LF. Cross over RF
5-8 RF. Step Toe to R – RF. Drop Heel - LF. Rock Back – RF. Recover

Grapevine L, Cross, Toe Heel, Rock Step, Recover

1-4 LF. Step L - RF. Cross behind LF – LF. Step L- RF. Cross over LF
5-8 LF. Step Toe to L – LF. Drop Heel- RF. Rock Back – LF. Recover

Change Turn, Step Fwd, Hold & Clap, Change Turn, Step Fwd, Hold & Clap

1-4 RF. Step fwd – LF & RF. ½ turn L – RF. Step fwd - Hold & Clap Hands (6:00)
5-8 LF. Step fwd – RF & LF. ½ turn R – LF. Step fwd - Hold & Clap Hands (12:00)

Toe strut x 2, Monterey Turn R

1-4 RF. Step Toe to R – RF. Drop heel - LF. Step on toe, crossed over RF – LF. Drop heel
5-8 RF. Point R – RF. ½ turn R closing next to LF – LF. Point L – LF. Closing beside RF (6:00)

* Restart here wall 3 (12:00), wall 7 (9:00) and wall 10 (9:00)

Side together, Side, Hold, Cross Rock Step, Recover, ¼ L Step Fwd, Scuff

1-4 RF. Step to R – LF. Close beside RF. Step to R – Hold
5-8 LF. Cross-over RF – RF. Recover – LF. ¼ L step fwd – RF. Scuff (3:00)

Step Fwd, Step Together, Heel Bounces, Step Fwd, Step Together, Swivel

1-4 RF. Step diagonal fwd to right side - LF. Close beside RF – RF & LF. Bounce heels x 2
5-8 LF. Step diagonal fwd to left side – RF. Close beside LF- LF & RF. Swivel heels left, back to centre

Step Back, Touch/Clap, Step Back, Touch/Clap, Step Fwd, Step Together, Step Fwd, Hold

1-2 RF. Step diagonal back to right side – LF. Touch beside RF & clap hands
3-4 LF. Step diagonal back to left side – RF. Touch beside LF & clap hands
5-8 RF. Step fwd - LF. Close beside RF – RF. Step Fwd - Hold

Change Turn, Step Fwd, Hold, Rock Step, Recover, Stomp Up x 2

1-4 LF. Step fwd – RF & LF. Make ½ turn R – LF. Step fwd - Hold (9:00)
5-8 RF. Rock step fwd – LF. Recover – RF. Stomp Up x 2

Restarts*:

Wall 3 after 32 counts at 12 o'clock
Wall 7 after 32 counts at 9 o'clock
Wall 10 after 32 counts at 9 o'clock

Ending of the dance: Wall 14: dance up to count 40 (6:00), then add 3 counts:
RF. Step fwd – LF & RF. ½ turn L Slowly

Start Again and enjoy this dance ☐

Wil Bos - info@wbos.nl - Netherlands
Colin Ghys - super-colin@hotmail.com - Belgium

