

# Stand Up

拍数: 64      墙数: 2      级数: Phrased Intermediate  
编舞者: Mark Furnell (UK) & Chris Godden (UK) - March 2020  
音乐: Stand Up (feat. Ramona Renea) - David Penn



## #32 Count Intro

Sequence: A, A, B, B, B, A, A, A, A, Tag, B, B, Ending

## Start Facing (1:30)

### Part A

#### [01 – 08]: Out, Out, Out, Out, $\frac{3}{4}$ Turn Walk, Walk, Shuffle

- 1&            Step right back, click fingers low to the right
- 2&            Step left to left, click fingers low to the left
- 3&            Step right forward, clap hands high to the right
- 4&            Step left to left, clap hands high to the left
- 5-6           Turn  $\frac{1}{4}$  right step right forward, turn  $\frac{1}{4}$  right step left forward
- 7&8           Turn  $\frac{1}{4}$  right step right forward, step left beside right, step right forward (10:30)

#### [09 – 16]: Out, Out, Out, Out, $\frac{7}{8}$ Turn Walk, Walk, Shuffle

- 1&            Step left back click fingers low to the left
- 2&            Step right to right click fingers low to the right
- 3&            Step left forward clapping hands high to the left
- 4&            Step right to right clapping hands high to the right
- 5-6           Turn  $\frac{1}{4}$  left step left forward, turn  $\frac{1}{4}$  left step right forward
- 7&8           Turn  $\frac{1}{4}$  left step left forward, step right beside left, turn  $\frac{1}{8}$  left step left forward (12:00)

#### [17 – 24]: Back, Together, Point Hitch Cross, $\frac{1}{2}$ Turn, Point Hitch Cross

- 1-2           Step right back to right diagonal, step left beside right
- 3&4           Point right to right, hitch right knee, cross right over left
- 5-6           Turn  $\frac{1}{4}$  right step left back, turn  $\frac{1}{4}$  right step right to right (6:00)
- 7&8           Point left to left, hitch left knee, cross left over right

#### [25 – 32]: Side Cross Side Kick, Side Cross Side Kick

(counts 1-4 travel slightly towards right diagonal)

- 1-2           Step right to right, cross left over right
- 3-4           Step right to right, kick left to left diagonal

(counts 5-8 travel slightly towards left diagonal)

- 5-6           Step left to left, cross right over left
- 7-8           Step left to left, kick right to right diagonal

### Part B

#### [01 – 08]: Jump, Jump, Kick, Cross, Tap, Tap, Tap, Tap, Jazz Box

- 1&            Jump out feet shoulder width apart, jump in (weight on right foot)
- 2&            Kick left over right, cross left over right
- 3&4           Tap right toe to right, tap right toe slightly further to right, tap right toe out further again
- 5&6           Tap right toe back in slightly, tap right toe in front of left, cross right over left
- 7-8           Step left back, step right to right

#### [09 – 16]: Cross, Back, Cross Shuffle, Diagonal Shuffle, Diagonal Shuffle

- 1-2           Cross left over right, step right back
- &3&4           Step left beside right, cross right over left, step left to side, cross right over left
- 5&6           Step left forward to left diagonal, step right beside left, step left forward
- 7&8           Step right forward to right diagonal, step left beside right, step right forward

**[17 – 24]: ¾ Walk Around, Point, Full Rolling Vine, Point**

- 1-2 Turn ¼ left step left forward, turn ¼ left step right forward
- 3-4 Turn ¼ left step left forward, square up to side wall point right to right (3:00)
- 5-6 Turn ¼ right step right forward, turn ½ right step left back
- 7-8 Turn ¼ right step right to right, point left to left (3:00)

**[25 – 32]: Jazz Box ¼ Turn, Out, Out, ½ Turn Shuffle**

- 1-2 Cross left over right, step right back
- 3-4 Turn ¼ left step left to left, step right forward (12:00)
- 5 Step left to left diagonal pushing left hip to left
- 6 Step right to right diagonal pushing right hip to right
- 7&8 Turn ¼ left step left forward, step right beside left, turn ¼ left step left forward (6:00)

**Tag - 16 counts (starts facing 6:00, finishes facing 12:00)**

**[01 – 08]: ¼ Side Cross Side Kick, Side Cross Side Kick  
(counts 1-4 travel slightly towards right diagonal)**

- 1-2 Turn ¼ right step right to right, cross left over right
  - 3-4 Step right to right, kick left to left diagonal
- (counts 5-8 travel slightly towards left diagonal)**
- 5-6 Step left to left, cross right over left
  - 7-8 Step left to left, kick right to right diagonal

**[09 – 16]: ¼ Side Cross Side Kick, Side Cross Side Kick  
Repeat counts 01-08**

**Ending (facing 12:00)**

**[01 – 02]: Forward, Lock**

- 1-2 Step forward right, lock left behind right

**Last Update – 21 March 2020**

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