

Stand Up & Boogie

COPPERKNOB
STEPSHEETS

拍数: 56 墙数: 1 级数: Phrased Beginner / Improver
编舞者: Mark Treacy (USA) - December 2021
音乐: Stand Up and Boogie - Danny & Bongy



#32 count intro

Sequence: A - A - B - C - Bridge - A - B - C - C - C - A - A - B - Bridge - A - B - B - STAND UP!

Pattern A: 16 counts

A[1-8] STEP TALL, HIP CIRCLES, LASSO ARM

1-2-3-4 1) Step TALL R; 2) Step TALL L; 3-4) Hip Circles with Lasso Arm

5-6-7-8 (5-6) Hip Circles with Lasso Arm; 7-8) Hip Circles with Lasso Arm

A[9-16] STEP TALL, HANDS ON HIPS, DIP DOWN AND UP

1-2-3-4 1) Step TALL R; 2) Step TALL L; Hands on Hips 3-4) Dip Down and Up

5-6-7-8 (5-6) Dip Down and Up; 7-8) Dip Down and Up

Pattern B: 8 counts

B[1-8] WALK CIRCLE/STRUT

1-2-3-4 1) Charleston R fwd; 2) Hold; 3) Charleston R back; 4) Hold

5-6-7-8 5) Charleston L back; 6) Hold; 7) Charleston L fwd; 8) Hold

Pattern C: 32 counts

C[1-8] SALSA, COASTER, 1/4 TURN SAILOR, STEP TALL/LOW/TALL

1&2 1) Step R fwd; &) Recover L; 2) Step R back;

3&4 3) Step L back; &) Recover R; 4) Step L fwd

5&6& 5) 1/4 Turn Sailor, R behind L; &) Recover L; 6) Step TALL R; &) Step TALL L

7&8 7) Step LOW R; &) Step LOW L; 8) Step TALL R; &) Step TALL L

C[9-16] REPEAT [1-8] SALSA, COASTER, 1/4 TURN SAILOR, STEP TALL/LOW/TALL

C[17-24] SALSA, COASTER, SAILOR 1/4 TURN, STEP TALL, 1/4 TURN STEP TALL/TALL

1&2 1) Step R fwd; &) Recover L; 2) Step R back;

3&4 3) Step L back; &) Recover R; 4) Step L fwd

5&6& 5) 1/4 Turn Sailor, R behind L; &) Recover L; 6) Step TALL R; &) Step TALL L

7&8& 7) 1/4 Turn right, Step TALL R; &) Step TALL L; 8) Step TALL R; &) Step TALL L

Bridge: STEP TALL, ELVIS/STANKY LEG

1-2-3-4 1) Step TALL R; 2) Step TALL L; 3) Step TALL R; 4) Step TALL L

5-6-7-8 (5-6-7-8) R Elvis/Stanky Leg