

Stand Back

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Christopher Parsons (UK)
音乐: Stand Back - Stevie Nicks



MOONWALKS X4, RIGHT HEEL BOUNCE, LEFT HEEL BOUNCE

- 1 Slide right foot back and taking weight lift left heel
- 2 Slide left foot back and taking weight lift right heel
- 3 Slide right foot back and taking weight lift left heel
- 4 Slide left foot back and taking weight lift right heel
- 5&6 Step right foot forward lifting right heel, snap heel down twice
- 7&8 Step left foot forward lifting left heel, snap heel down twice

RIGHT HEEL-TOE, RIGHT RUMBA, LEFT HEEL-TOE, LEFT RUMBA

- 1-2 Touch right heel forward, touch right toe back
- 3&4 Step right foot to right side, close left next to right, step right foot forward
- 5-6 Touch left heel forward, touch left toe back
- 7&8 Step left foot to left side, close right next to left, step left foot forward

RIGHT KICK-HITCH ¼ LEFT, RIGHT COASTER, LEFT KICK-HITCH ¼ RIGHT, LEFT COASTER

- 1-2 Kick right foot forward, hitch right knee making ¼ turn left on ball of left foot
- 3&4 Step right foot back, step left foot next to right, step right foot forward
- 5-6 Kick left foot forward, hitch left knee making ¼ turn right on ball of right foot
- 7&8 Step left foot back, step right foot next to left, step left foot forward

RIGHT SHUFFLE, STEP ½ RIGHT, LEFT SHUFFLE, STEP ¼ LEFT & STOMP

- 1&2 Step right foot forward, close left next to right, step right foot forward
- 3-4 Step left foot forward, pivot ½ turn right
- 5&6 Step left foot forward, close right next to left, step left foot forward
- 7&8 Step right foot forward, pivot ¼ turn left, stomp right next to left (no weight)

REPEAT

TAG

To be danced at the end of walls 3, 7 & 11

- 1&2 Right shuffle
- 3-4 Step ½ turn right
- 5&6 Left shuffle
- 7&8 Step ¼ turn left and stomp (no weight)

Optional Hand Movement: During the Chorus when they sing 'Stand Back' push both hands forward as you Moonwalk.