

Stand Down

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Michael G. McKenzie
音乐: Stand Down - Lionel Richie



CROSS RIGHT OVER LEFT, ¼ TURN RIGHT, STEP BACK, TOUCH, ¾ TURNING TRIPLE, POINT, HOLD

- 1-2-3-4 Cross right over left, step left back making ¼ turn right, step right back (3rd position), point left toe slightly forward
5&6 ¾ left turning triple step left-right-left
7-8 Side point right toes, hold

DRAG-BALL-STEP, STEP BACK, LARGE STEP LEFT, DRAG TOE, CROSS SHUFFLE, STEP, POINT

- &1-2 Drag right toe, stepping ball of right behind left, step on left, step back on right
3-4 Large step left, drag right toe toward left, keeping weight on left (ready to start cross shuffle)
5&6 Cross right over left, step ball of left foot slightly behind right, cross right over left
7-8 Side step left, side point right toe

½ TURN, STEP, POINT, HOLD, TOUCH BACK, ¾ TURN, TOUCH KICK

- 1-2-3-4 ½ turn right, stepping onto right (bring left inward toward right to help turn), side step left, side point right toe, hold
5-6 Touch right toe behind left, ¾ turn right, stepping on right
7-8 Touch left toe next to right, forward kick with left

OUT-OUT LEFT-RIGHT, HOLD, ½ TURN RIGHT STEPPING RIGHT- LEFT, HOLD, ½ STEP PIVOT LEFT, FORWARD RIGHT BRUSH, RIGHT BACKWARD BRUCH AND HOOK

- &1-2 Step out to side with ball of left, step out to side on ball of right, keeping weight left hold, (optional clap on hold)
&3-4 Step on right making a ½ turn right, step left beside right, hold, (optional clap on hold)
5-6 Step right forward, ½ pivot left stepping on left
7-8 Brush right forward toward right diagonal, brush right backward into a hook over left (ready to start dance again with right cross over left)

REPEAT
