

# Stand Up

拍数: 32      墙数: 2      级数: Intermediate  
编舞者: Yvonne Anderson (SCO)  
音乐: Stand Up (And Be Strong) - Keb' Mo'



## REVERSE STEP-LOCK-STEP, ½ TURN RIGHT SHUFFLE, ½ RIGHT TURN REVERSE STEP-LOCK-STEP, RIGHT COASTER

1&2      Step left foot back, lock right foot across left foot, step left foot back  
3&4      Make ½ turn right and shuffle forward right, left, right  
5&6      Make ½ turn right and step left foot back, lock right foot across left, step left foot back  
7&8      Step right foot back, step left foot beside right foot, step right foot forward

## SCUFF-SCOOT-STEP, HEEL TWISTS WITH ¼ TURN RIGHT, SAILOR STEP, ½ TURN MAMBO

1&2      Scuff left foot forward, hitch left knee and scoot forward on right foot, step left foot slightly forward  
3&4      Making ¼ turn right twist heels left, right, left (3:00)  
5&6      Step right foot behind left foot, step left foot to left, step right foot to right  
7&8      Step left foot forward, pivot ½ turn right (weight on right), step left beside right (9:00)

Restart goes here on wall 5

## SIDE ROCK RECOVER, FULL TURN, RIGHT SAILOR, LEFT KICK AND TOUCH

1-2      Rock right foot to right, recover weight on left foot  
3      Make ½ turn right and step right foot to right (3:00)  
4      On ball of right foot make ½ turn right and step left foot to side (9:00)  
5&6      Step right foot behind left foot, step left foot to left, step right foot to right  
7&8      Kick left foot forward to right diagonal, step left foot across right foot, touch right toes back to left diagonal

## UNWIND, SNAP, HIP BUMPS (OR BODY ROLL), AND ¼ CROSS UNWIND, KICK-BALL-POINT

1-2      Keeping right toes in place make ½ turn right on ball of left foot, hold and snap fingers (3:00)  
3&4      Touch right toes to right and bump hips left, right, left  
&5      Step right foot back making ¼ turn left, step left foot across right foot (12:00)  
6      Unwind ½ turn right (6:00)  
7&8      Kick right foot forward, step right foot beside left foot, point left toes to left

## REPEAT

## RESTART

Following 3rd repetition, facing the back wall, dance the first 15 counts as usual, then touch left foot beside right foot and restart the dance from the 9:00 wall

## FINISH

To finish facing the home wall substitute the last 2 counts with a 1 ¼ unwind, step right foot forward and point left foot to left.