

Still Standing

拍数: 32 墙数: 4 级数: Improver
编舞者: Roy Verdonk (NL)
音乐: Standing Still - Jewel



STEP, HIP BUMP, LEFT SHUFFLE, STEP HIP BUMP, LEFT SHUFFLE

1-2 Step forward right, bump hips to right side
3&4 Step forward left, close right to left, step forward left
5-6 Step forward right, bump hips to right side
7&8 Step forward left, close right to left, step forward left

SIDE ROCK, BEHIND & POINT, POINT ¼ TURN RIGHT, LEFT SHUFFLE

1-2 Rock right to right side, recover on left
3&4 Cross right behind left, step left to left, point right toe in front of left
5 Point right toe right bending right knee towards left knee
6 On ball of left make ¼ turn right straightening right (weight on right)
7&8 Step forward left, close right beside left, step forward left

STEP, ½ SWIVEL LEFT, COASTER STEP, SIDE ROCK, CROSS SHUFFLE

1& Step forward right, swivel left heel toward right making ¼ turn left
2 Swivel right heel to right side making ¼ turn left (weight on right)
3&4 Step back left, step right beside left, step forward left
5-6 Rock right to right side, recover onto left
7&8 Cross step right over left, step left beside right, cross step right over left

SIDE ROCK, CROSS SHUFFLE, FORWARD ROCK, ½ RIGHT TURN, STEP

1-2 Rock left to left side, recover onto right
3&4 Cross step left over right, step right beside left, cross step left over right
5-6 Rock forward on right, recover on left
7 On ball of left make ½ turn right stepping forward right
8 Step forward left

REPEAT

Tag

Performed on wall 12, dance 1st 16 after words "am I standing still" then start from beginning again