

# Stand

COPPER KNOB  
STEPSHETS

拍数: 72      墙数: 2      级数: Advanced  
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音乐: Stand - Susan Ashton



1-2-3 Cross &  
step R over L  
(1). Sweep L  
from behind R  
(2). Complete  
sweep with  
weight still on R  
(3).

Cross step,  
sweep, cross  
step

1-2-3 Cross &  
step L over R  
(1). Sweep R  
from behind L  
(2). Cross &step  
R over L (3).

## **Extend foot, hitch, 1/4 turn**

1-2-3 Extend L  
foot low to the  
ground on a  
diagonal to the  
L (point toes -  
1). Hitch L foot  
to R leg  
(with L knee  
facing  
diagonally to the  
L - 2). Pivot on  
ball of R a 1/4  
turn R (3).

Chasse right

1-2-3 Step  
forward on L  
(1). Slide R  
behind L (2).  
Step forward on  
L (3).

\*There is a  
slight hesitation  
on your travel  
between counts  
1&2, which the  
music will  
dictate.

## **Extend foot, hitch, pivot**

1-2-3 Open a  
1/4 turn to front  
position and  
extend R foot  
low to the  
ground on a  
diagonal to the  
R  
(point toes - 1).  
Hitch R foot to L  
leg (with R knee  
on a diagonal to  
the R - 2). Pivot  
on ball of L a  
1/4 turn L (3).  
Chasse  
1-2-3 Step  
forward on R  
(1). Slide L  
behind R (2).  
Step forward on  
R (3).  
\*Again, listen for  
the hesitation  
between counts  
1 & 2.

**Sweep, hold**

1-2-3 Sweep L  
in front of R and  
1/4 turn (to front  
position) R-  
\*Use all three  
(3) counts to do  
this.  
Cross step, step  
back 1/4, 1/2  
turn  
1-2-3 Cross L  
over R (1). Step  
back 1/4 L on R  
foot (2). Do a  
1/2 turn L  
pivoting on ball  
of R and  
stepping  
forward on L  
(3).

**Press forward,  
hold**

1-2-3 Press  
forward on ball  
of R foot (1).  
Hold (2-3).  
Coaster step

1-2-3 Step back on R foot (1). Step together with L (2). Step forward on R (3).

**Press forward, hold**

1-2-3 Press forward on ball of L foot (1). Hold (2-3). Coaster step  
1-2-3 Step back on L foot (1). Step together with R (2). Step forward on L (3).

**Step forward, ½ turn, step**

1-2-3 Step forward on R foot (1). Do a ½ turn L on ball of R foot (2). Step down on L foot (3).

Turning coaster step (1/2 turn)

1-2-3 Step forward ½ l on R foot (1). Step together with L foot (2). Step forward on R foot (3)

**1/4 turn, hold, step**

1-2-3 Step forward on L foot as you pivot a ¼ turn R (1). Hold (2). Step down on R foot in place (3).

½ turn, Step, cross step

1-2-3 On ball of R foot, pivot ½ turn R and step out on L foot (1). Step on R foot in place (2). Cross L over R (3)

**Step/Sway R,  
hold**

1-2-3 Step to the R as you sway into the R side (1). Hold (2-3).

Step, cross, unwind

1-2-3 Step to the L on L foot (1). Cross R over L and weight R foot (2). Unwind a full turn L on R foot (3).

**Step out, hold,  
step together**

1-2-3 Step L on L (1). Hold (2). Step R together with L (3).

Step/sway L,  
hold

1-2-3 Step to the L as you sway into the L side (1). Hold (2-3).

**Step/sway R,  
hold**

1-2-3 Step to the R as you sway into the R side (1). Hold (2-3).

Cross step, step side, 1/4 turn

1-2-3 Cross L over R (1). Step to the R on R (2). Open 1/4 turn L and step down on L (3).

**1/4 turn-  
step/sway R,  
hold**

1-2-3 Open 1/4 turn L pivoting on ball of L (back should be to the original wall of dance) and step R as

you sway into  
the R side(1).  
Hold (2-3).  
Step behind,  
ball change  
1-2-3 Step L  
foot behind R  
(1). Step to the  
R on the ball of  
the R foot (2).  
Change weight  
to L foot in  
place (3).

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