

Stand Up To

COPPER KNOB
STEPSHEETS

拍数: 64 墙数: 4 级数: Easy Intermediate
编舞者: Reet (UK) - April 2008
音乐: Stand - Billy Ray Cyrus : (Album: Home At Last)



(32 count intro)

ROCK FWD. R. Rec. - R. LOCK BK.- 1/2 L. SHUFFLE TURN- SKATE R. THEN L.

1-2 3&4 Rock fwd.on R, rec.bk onto L—Step bk on R.-step L. across R.- step bk. on R.

5 & 6 Turn 1/4 L. onto L. - close R. to L. -step 1/4 L onto L.

7 -- 8 Skate fwd. on R. then skate fwd on L. (6 o'clock)

REPEAT ABOVE 8 COUNTS-- (12 o'clock)

FWD R. TURN 1/4 L SWAY L. -CROSS R. OVER L.-QUICK 1/2 TURN R. ON L.R.

FWD. ON L.- ROCK R. TO SIDE, REC. -FWD ON R. ROCK L.TO SIDE, REC.

1--2 Step fwd R. ¼ turn L. and sway onto L.

3&4 Cross R. over L.(with weight)-quick turn 1/2 R (turn 1/4 R stepping bk.on L.-1/4 R onto R side.)

5&6 Step fwd. on L.-rock R. to side rec.—

7&8 Step fwd. on R. rock L. to side rec.

POINT L. FWD. SWEEP ROUND B/H -1/2 UNWIND L.-1/2 SHUF.TURN L.ROCK

BK. ON L. REC.

1-2-3-4 Point L. toe fwd. sweep round behind R.(onto L.ball)-turn ½ L. (unwind) onto L.

5&6 1/4 turn L. onto R side, bring L. to R. -1/4 turn L. stepping back on R.

7-8 Rock back on L. rec. fwd. onto R.

STEP FWD, RAISE KNEE-COASTER-SIDE ROCK-WEAVE B/H.

1-2 3&4 Step fwd. L. Push R. knee fwd. ---step bk.on R.- bring L. to R. -step fwd on R.

5-6 7&8 Rock to L.side- rec. weight onto R.-Take L. b/h R.--step R. to side--step L. across R.

AS ABOVE-----

1-2 3&4 Step fwd. R. Push L. knee fwd.---step bk. on L.- bring R. to L. -step fwd. on L.

5-6 7&8 Rock to R.side- rec. weight onto L.-Take R. b/h L.--step L. to side--step R. across L.

MAKE 1/2 JAZZ BOX 1/4 TURN—SIDE CHASSE—(REPEAT)

1-2 3&4 Cross L.over R.-1/4 turn L.(step bk.on R.)-step side on L-bring R.toL.-step L.to side

5-6 7&8 Cross R.over L.-1/4 turn R.(step bk,on L.)-step side on R-bring L.toR.-step R.to side

HITCH-POINT-HITCH-CROSSOVER- 4 SWAYS.

1-2-3-4 Hitch L.knee diag.R.-rec. toe to L.side--Hitch L.again & step down over R. with weight

5-6-7-8 Step R.to R with sway---sway L. & R. & L.