

# 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.