

# Standing Still

拍数: 32      墙数: 2  
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音乐: Standing Still - Roman Lob



Start on vocals after 16 counts intro

## Section 1: R Side, Hold, Behind, 1/4 Turn R, Step, 1/2 Turn R with Sweep, Behind, Side

1, 2      Step RF to right side, hold  
3, 4      Cross LF behind RF, 1/4 turn right stepping forward on RF (3:00)  
5, 6      Step LF forward, 1/2 turn right (keeping weight on LF!) sweeping RF from front to back (9:00)  
7, 8      Step RF behind LF, small step LF to left side

## Section 2: Cross, Hold, Recover, Side, Cross, Kick, Back, Close

1, 2      Cross RF over LF, hold  
3, 4      Recover on LF, 1/8 turn right stepping RF forward (10:30)  
5, 6      Step LF forward, kick RF to right diagonal (10:30)  
7, 8      Step back on RF, turn 1/8 left and close LF beside RF (9:00)

## Section 3: Step, Hold, Step 1/2 Turn Step, Hold, Full Turn Left

1, 2      Step forward on RF, hold  
3, 4      Step forward on LF, 1/2 turn right (weight on RF) (3:00)  
5, 6      Step forward on LF, hold  
7, 8      1/2 turn left and step back with RF, 1/2 turn left and step forward on LF (3:00)

Option: Easy option for count 7, 8 of section 3 (full turn): Step RF, LF

## Section 4: Step, Hold, 1/4 Turn R and Back, Side, Cross, Hold, Full Unwind R

1, 2      Step forward on RF, hold  
3, 4      1/4 turn right and step back on LF (6:00), step RF to right side  
5, 6      Cross LF over RF, hold  
7, 8      Full unwind right over 2 counts, ending with weight on LF

Option: Easy option for counts 7, 8 of section 4 (full unwind):

Step RF to right side and sway right, sway to left side

Tag: This 4 count tag is necessary once after walls 2, 3, 5, 9 and twice after wall 7 – just listen to the music!!!

Sway, Hold, Sway, Hold

1, 2      Sway to right side, hold  
3, 4      Sway to left side, hold

Ending: The music slows down at the end. Keep dancing through wall 10 until the unwind facing 12 o'clock.

Contact: [www.jolly-dancers.de](http://www.jolly-dancers.de)