

Stand

COPPER KNOB
STEPPERS

拍数: 32 墙数: 4 级数: Beginner
编舞者: Janie Pitser (USA) - March 2013
音乐: Stand (The Voice Performance) - Cassadee Pope : (iTunes)



Intro: 16 counts

SIDE LEFT, ROCK BACK RECOVER, RIGHT SHUFFLE 1/4 RIGHT, CROSS LEFT OVER RIGHT, BACK LOCK STEP

1 Step left side
2-3 Rock right back, recover to left
4&5 Shuffle 1/4 to the right, stepping right-left-right
6-7 Cross left over right, step back on right
8&1 Lock step back, left-right-left

BACK ROCK RECOVER, SHUFFLE 1/2 LEFT, WALK, WALK, LEFT COASTER STEP

2-3 Rock right back, recover to left
4&5 Shuffle 1/2 to the left, stepping right-left-right
6-7 Walk back left-right
8&1 Left steps back, right together, left forward

PIVOT 1/4 TO LEFT, RIGHT SAILOR STEP, SWAY, SWAY, LEFT SIDE SHUFFLE

2-3 Turn 1/4 left, stepping right-left
4&5 Cross right behind left, step left to left side, step right to right side
6-7 Sway left, sway right
8&1 Left side shuffle, stepping left-right-left

CROSS RIGHT OVER LEFT, TURN 1/4 RIGHT, RIGHT LOCK STEP BACK, BACK ROCK RECOVER, LEFT SIDE SHUFFLE

2-3 Cross right over left, turn 1/4 right stepping back on left
4&5 Lock step back, right-left-right
6-7 Rock left back, recover right
8&1 Left side shuffle, stepping left-right-left

Repeat

Restart: During the 3rd wall, restart the dance after 16 counts.

Contact: pitts96@aol.com
