

Stand Down

拍数: 96 墙数: 2 级数: Phrased Intermediate
编舞者: Sandy Goodman (USA) - February 2014
音乐: Stand Down - Little Mix



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16 count intro. - Sequence: A, B, A, Tag, A- (1st 32cts.), B, A, A, A

Part A (64cts)

Shuffle Forward, Rock-Recover, Coaster, Step Forward, Pivot ¼ Turn

1 & 2 Step Right forward (1), Step Left beside right (&), Step Right forward (2)
3 - 4 Rock forward Left (3), Recover on Right (4)
5 & 6 Step Left back (5), Step Right beside left (&), Step Left forward (6)
7 - 8 Step forward Right (7), Pivot ¼ left- weight on Left (8) 9:00

Cross Shuffle, ¼ Right, ¼ Right, Crossing Shuffle, Side Rock-Recover

1 & 2 Cross Right over left (1), Step Left side left (&), Cross Right over left (2)
3 - 4 Turn ¼ right- Step Left back- 12:00 (3), Turn ¼ right - Step Right side right (4) 3:00
5 & 6 Cross Left over right (5), Step Right side right (&), Cross Left over right (6)
7 - 8 Rock Right side right (7), Recover on Left (8)

Right Sailor, Cross, Step Side. Left Sailor, Cross, Step Side

1 & 2 Step Right behind left (1), Step Left side left (&), Step Right side right (2)
3 - 4 Cross Left over right (3), Step Right side right (4)
5 & 6 Step Left behind right (5), Step Right side right (&), Step Left Side left (6)
7 - 8 Cross Right over left (7), Step Left side left 3:00

Step Forward Right, Roll Hip ½ Turn Left, ¼ Turn Left, Jazz Box With Cross

1 - 2 Step forward Right (1), Roll hips ½ turn left- weight on Left (2) 9:00
3 - 4 Step forward Right (3), Roll hips ¼ turn left- weight on Left (4) 6:00
5 - 8 Cross Right over left (5), Step Left back (6), Step Right side right (7), Cross Left over right (8)

Kick Forward, ¼ Right- Kick Forward. Coaster, Kick Forward, ¼ Left- Kick Forward, Coaster

1 - 2 Kick Right forward (1), Turn ¼ right- Kick Right forward (2) 9:00
3 & 4 Step Right back (3), Step Left beside right (&), Step Right forward (4)
5 - 6 Kick Left forward (5), Turn ¼ left- Kick Left forward (6) 6:00
7 & 8 Step Left back (7), Step Right beside left (&), Step Left forward (8)

Step Forward, Slide, Shuffle Forward, Rock Forward-Recover, Body Roll Back

1 - 2 Step Right forward (2), Slide Left up to right (2)
3 & 4 Step Right forward (3), Step Left beside right (&), Step Right forward (4)
5 - 6 Rock Left forward (5), Recover onto Right (6)
7 - 8 Touch Left toe straight back (7), Roll body back - weight on Left (8)

Option for count 7- 8: You can replace with a coaster - Step L back (7), Step R beside left (&), Step L fwd. (8)

Kick Forward, ¼ Right- Kick Forward. Coaster, Kick Forward, ¼ Left- Kick Forward, Coaster

1 - 2 Kick Right forward (1), Turn ¼ right- Kick Right forward (2) 9:00
3 & 4 Step Right back (3), Step Left beside right (&), Step Right forward (4)
5 - 6 Kick Left forward (5), Turn ¼ left- Kick Left forward (6) 6:00
7 & 8 Step Left back (7), Step Right beside left (&), Step Left forward (8)

Step, Slide, Shuffle Forward, Rock Forward-Recover, Back Body Roll

- 1 - 2 Step Right forward (1), Slide Left up beside right (2)
 - 3 & 4 Step Right forward (3), Step Left beside right (&), Step Right forward (4)
 - 5 - 6 Rock Left forward (5), Recover onto Right (6)
 - 7 - 8 Touch Left toe straight back (7), Roll body back- weight ends on Left (8)
- Option for count 7- 8: You can replace with a coaster - Step L back (7), Step R beside left (&), Step L fwd. (8)**

Part B (32cts) This happens 2 times. Both times facing the 6:00 wall.

Step, Hold, & Step & Step, Jazz Box With Cross

- 1 - 2 Step Right side right (1), Hold (2)
- &3&4 Step Left beside right (&), Step Right side right (3), Step Left beside right (&), Step Right side right (4)
- 5 - 8 Cross Left over right (5), Step Right back (6), Step Left side left (7), Cross Right over left (8)
6:00

Step, Hold, & Step & Step, Jazz Box With Cross

- 1 - 2 Step Left side left (1), Hold (2)
- &3&4 Step Right beside left (&), Step Left side left (3), Step Right beside left (&), Step Left side left (4)
- 5 - 8 Cross Right over left (5), Step Left back (6), Step Right side right (7), Cross Left over right (8)

Step Right Forward, Hold, & Step, & Step, Rock Forward-Recover, Coaster Step

- 1 - 2 Step Forward Right (1), Hold (2)
- &3&4 Step Left beside right (&), Step Right forward (3), Step Left beside right (&), Step Right forward (4)
- 5 - 6 Rock forward Left (5), Recover Right (6)
- 7 & 8 Step Left back (7), Step Right beside left (&), Step Left forward (8) 6:00

Step Forward Right, Pivot ½ Turn Left, Step Forward, Pivot ½ Left, Step Out-Out, In-In

- 1 - 2 Step forward Right (1), Pivot ½ turn left- weight on Left (2) 12:00
- 3 - 4 Step forward Right (3), Pivot ½ left- weight on Left (4) 6:00
- 5 - 6 Step Right Out side right (5), Step Left Out side left (6)
- 7 - 8 Step Right In to center (7), Step Left In to center (8)

Begin Again!!!!

Tag: This happens one time facing the 12:00 wall.

Weave Right, Side Rock-Recover, Crossing Shuffle

- 1 - 4 Step Right side right (1), Cross Left over right (2), Step Right side right (3), Step Left behind right (4)
 - 5 - 6 Rock Right side right (5), Recover on Left (6)
 - 7 & 8 Cross Right over left (7), Step Left side left (&), Cross Right over left (8)
- Option for 7 & 8: Cross Right over left (7), Hold (8)**

Weave Left, Side Rock-Recover, Crossing Shuffle

- 1 - 4 Step Left side left (1), Cross Right over left (2), Step Left side left (3), Step Right behind left (4)
 - 5 - 6 Rock Left side left (5), Recover on Right (6)
 - 7 & 8 Cross Left over right (7), Step Right side right (&), Cross Left over right (8)
- Option for 7 & 8: Cross Right over left (7), Hold (8)**

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