

Stand By You

拍數: 60 牆數: 4 級數: Intermediate
編舞者: Nathan Gardiner (SCO) - February 2016
音樂: Stand By You - Rachel Platten



Intro: 16 counts

S1: Basic R, Basic L, Walk Back R & L With Sweeps, Rock Back, Recover

1-2& Step R to R side, Rock back on L, Recover on R
3-4& Step L to L side, Rock back on R, Recover on L
5-6 Step back on R sweeping L from front to back, Step back on L sweeping R from front to back
7-8 Rock back on R, Recover on L

S2: R Rumba Box, Rock Back, Recover, Step ¼ L Cross

1&2 Step R to R side, Step L next to R, Step forward on R
3&4 Step L to L side, Step R next to L, Step back on L
5-6 Rock back on R, Recover on L
7&8 Step forward on R, ¼ L, Cross R over L

S3: ¼ RX2, Cross Shuffle, Sway R, Sway L, Sway R, Sway L

1-2 ¼ R stepping back on L, ¼ R stepping R to R side
3&4 Cross L over R, Step R to R side, Cross L over R
5-6 Step R to R side swaying hips to R side, Sway hips to L side
7-8 Sway hips to R side, Sway hips to L side

S4: Behind, Side, Cross, Side L, Together, Forward, Rocking Chair

1&2 Step R behind L, Step L to L side, Cross R over L
3&4 Step L to L side, Step R next to L, Step forward on L
5-6 Rock forward on R, Recover on L
7-8 Rock back on R, Recover on L

S5: Step ¼ L, Cross Shuffle, Side L, Behind, Side, Cross, Side L, Together

1-2 Step forward on R, ¼ L
3&4 Cross R over L, Step L to L side, Cross R over L
5-6 Step L to L side, Step R behind L
&7&8 Step L to L side, Cross R over L, Step L to L side, Step R next to L

S6: Side Rock, Recover, Behind, Side, Cross, Side Rock, Recover, Behind, ¼ L, Side R

1-2 Rock out to L side, Recover on R
3&4 Step L behind R, Step R to R side, Cross L over R
5-6 Rock out to R side, Recover on L
7&8 Step R behind L, ¼ L stepping forward on L, Step R to R side

S7: Rock Back, Recover, Kick Ball Cross, ¼ RX2, Cross Rock, Recover

1-2 Rock back on L, Recover on R
3&4 Kick L to L diagonal, Step L next to R, Cross R over L
5-6 ¼ R stepping back on L, ¼ R stepping R to R side
7-8 Cross rock L over R, Recover on R

S8: Chasse L, Rock Back, Recover

1&2 Step L to L side, Step R next to L, Step L to L side
3-4 Rock back on R, Recover on L

Restart 1 & 2: On walls 2 & 4 dance 48 counts instead of stepping to R side, Touch R next to L

Restart 3: On wall 5 dance 56 change Cross Rock, Recover to Cross Shuffle then Restart the dance

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