

Stand By You

COPPER KNOB
BY SHEETS

拍數: 48 牆數: 4 級數: Intermediate
編舞者: William Sevone (UK) - December 2016
音樂: I'll Stand By You - Pretenders : (iTunes / Amazon / Greatest Hits)



Dance sequence:- 48-16-48-26&-48-48-12

Choreographers note:- Two restarts - with the 2nd being within the 4th section.

Imperfections are perfection in disguise.. just enjoy the dance and the music.

Always remember - 'The beat may reach your feet - but the rhythm should electrify your soul'.

Dance starts ON Count 10 from the very start of the music – one count BEFORE the vocals.

S1: Large Side. Drag. Cross. Grapevine with Rock Forward. (12:00)

- 1 – 4 (1) leaning upper body to left – Step right large step to right side. (2-3) straightening up –
 Drag left foot next to right. (4) Cross step left over right
- 5 – 6 Step right to right side. Step left behind right.
- 7 – 8 Step right to right side. Rock forward onto left.

S2: Recover. Back. 1/2 Side. Cross Rock. Recover. 1/2 Side. 2x Forward Diagonals (12:00)

- 9 – 10 Recover on right. Step back onto left.
- 11 – 12 Turn ½ right (6) & step right to right side. Cross rock left over right
- 13 – 14 Recover onto right. Turn ½ left (12) & step left to left side.
- 15 – 16 Cross right diagonally forward left. Cross left diagonally forward right.

RESTART □ WALL 2 – restart dance from count 1

S3: 1/4 Side. 3/4 Forward. Forward: Right-Left. Lunge. Recover. Backward: Right-Left (12:00)

- 17 – 18 Turn ¼ left (9) & step right to right side. Turn ¾ left (12) & step forward onto left
- 19 – 20 Step forward right. Step forward left.
- 21 – 22 Lunge forward onto right. Recover onto left,
- 23 – 24 Step backward onto right. Step backward onto left

S4: Double Time Walk Back: Right-Left-Right-Left. 2x Sway. 1/2 Side. Behind. 1/2 Forward. Side (9:00)

25&26& Quickly step backward onto: Right, Left, Right, and diagonally back left onto Left.

RESTART: □ WALL 4 – after count 26& restart dance from count 1

- 27 – 28 Sway onto right. Sway onto left.
- 29 – 30 Turn ½ left (6) & step right to right side. Step left behind right.
- 31 – 32 Turn ¼ right (9) & step forward onto right. Step left to left side.

S5: 1/2 Side. 1/4 Side. 3/4 Forward. 1/4 Sweep with cross. Sway. Recover (12:00)

- 33 – 34 Turn ½ right (3) & step right to right side. Turn ¼ right (6) & step left to left side.
- 35 – 36 Turn ¾ right (3) & step forward onto right. Step forward onto left.
- 37 – 38 Sweep right ¼ left (12) and cross step right left (2 counts)
- 39 – 40 Sway left to left side. Recover onto right.

S6: 2x Forward Diagonal. Forward. 1/4 Together. Forward. 1/4 Side. 3/4 Forward Shuffle (3:00)

- 41 – 42 Step left diagonally forward right. Step right diagonally forward left.
- 43 – 44 Step forward onto left.. Turn ¼ right (3) & step right next to left.
- 45 – 46 Step forward onto left. Turn ¼ left (12) & step right to right side.
- 47& 48 Turn ¾ left (3) & step forward onto left, close right next to left, step forward onto left.

DANCE FINISH: WALL 7 (including restarts) Count 10 (music fade) facing 12:00 – Hold Count 10.