

# Stand Up

COPPER KNOB  
STEPSHEETS

拍數: 136      牆數: 1      級數: Phrased Easy Intermediate  
編舞者: Wendy Loh (MY) - March 2018  
音樂: Stand Up (什麼什麼) - Jolin Tsai (蔡依林)



Dance Start after 16 counts on vocal

Sequence: ABC, ABC, a(32counts)Tag, BCCC, ending

## PART A (72 counts)

### Section A1: R Toe Struck x2, Rocking Chair

1 2 3 4      Touch R toe forward, Step R heel in place, Touch L toe forward, Step L heel in place  
5 6 7 8      Rock RF forward, recover on LF, Rock RF back, recover on LF

### Section A2: R Toe Struck x2, Pivot 1/2Turn, Forward, Hold

1 2 3 4      Touch R toe forward, Step R heel in place, Touch L toe forward, Step L heel in place  
5 6 7 8      Step RF Forward, pivot 1/2L Turn, Step RF Forward, Hold

### Section A3: L Toe Struck x2, Rocking Chair

1 2 3 4      Touch L toe forward, Step L heel in place, Touch R toe forward, Step R heel in place  
5 6 7 8      Rock LF forward, recover on RF, Rock LF back, recover on RF

### Section A4: L Toe Struck x2, Pivot 1/2Turn, Forward, Hold

1 2 3 4      Touch L toe forward, Step L heel in place, Touch R toe forward, Step R heel in place  
5 6 7 8      Step LF Forward, pivot 1/2R Turn, Step LF Forward, Hold

### Section A5: Step, Together, Step, Touch x2

1 2 3 4      Step RF to R, Step LF next to RF, Step RF to R, Touch LF next to RF  
5 6 7 8      Step LF to L, Step RF next to LF, Step LF to L, Touch RF next to LF

### Section A6: R Hip Bump, L Hip Bump

1 2 3 4      Step RF to R (weight on R) & R hip bump 4 times  
5 6 7 8      Change weight to L & L hip bump 4 times

### Section A7: Side Toe Struck 4x

1 2 3 4      Touch RF to R, Step R heel in place, Touch LF to L, Step L heel in place  
5 6 7 8      Touch RF to R, Step R heel in place, Touch LF to L, Step L heel in place

(Hand: Lift both hands up and roll)

### Section A8: Step Together, Hand Movement

1 2 3 4      Step RF next to LF & Lift R hand up(1), Hold(2), Lift L hand up(3), Hold(4)  
5 6 7 8      Put R hand on stomach(5), Hold(6), Put L hand cross over R hand(7), Hold(8)

### Section A9: Body Roll, Knee Pop

1 2 3 4      Turn body anti-clockwise circle from Left, Back, Right, Front  
5 6      Step RF in place with L knee pop, Step L heel in place with R knee pop  
7 8      Step R heel in place with L knee pop, Step L heel in place with R knee pop

## PART B (32 counts)

### Chorus (Stand UP)

#### Section B1: Hand/Body Straight Up, Body Bend Forward, Step Touch

1 2      Step RF in place with L knee pop, Body Straight with both hands up, Hold  
3 4      Bend Body forward diagonally Right (put R hand beside mouth, L hand on waist), Hold  
5 6 7 8      Step LF to L, Touch RF next to LF, Step RF to R, Touch LF next to RF

(Hand: Turn both wrists up down in front of face like crying)

**Section B2: R Hip Bump, L Hip Bump**

1 2 3 4 R hip bump 4 times (weight on R)  
5 6 7 8 Change weight to L & L hip bump 4 times

**Section B3: Hand/Body Straight Up, Body Bend Forward, Step Touch**

1 2 Step RF in place with L knee pop, Body Straight with both hands up, Hold  
3 4 Bend Body forward diagonally Right (put R hand beside mouth, L hand on waist), Hold  
5 6 7 8 Step LF to L, Touch RF next to LF, Step RF to R, Touch LF next to RF  
(Hand: Open hands on both sides like 'what's')

**Section B4: R Hip Bump, L Hip Bump**

1 2 3 4 R hip bump 4 times (weight on R)  
5 6 7 8 Change weight to L & L hip bump 4 times

**PART C (32 counts)****Section C1: 1/4L Turn With Hip Bump**

1 2 3 & 4 1/4L turn step RF to R with hip bump R,L,R,L,R (9:00)  
5 6 7 & 8 1/4L turn step LF to L with hip bump L,R,L,R,L (6:00)

**Section C2: 1/4L Turn with Hip Bump**

1 2 3 & 4 1/4L turn step RF to R with hip bump R,L,R,L,R (3:00)  
5 6 7 & 8 1/4L turn step LF to L with hip bump L,R,L,R,L (12:00)

**Section C3: & Point & Point & Hip Drop x2**

&1 &2 Quickly step RF in middle (&), Point LF to L(1), Step LF in middle(&), Point RF to R(2)  
&3 4 Step RF in middle (&), Point LF to L with Hip drop twice (3)(4)  
&5 &6 Step LF in middle (&), Point RF to R(5), Step RF in middle(&), Point LF to L(6)  
& 7 8 Step LF in middle (&), Point RF to R with Hip drop twice (7)(8)

**Section C4: Forward Touch, Back Touch – 2x, Pivot 1/2Turn x2**

1 2 3 4 Touch RF Forward, Touch RF Back, Touch RF Forward, Touch RF Back  
5 6 7 8 Step RF Forward, Pivot 1/2L Turn, Step RF Forward, Pivot 1/2L Turn

**TAG (4 counts) – Knee Pop**

1 2 Step RF in place with L knee pop, Step L heel in place with R knee pop  
3 4 Step R heel in place with L knee pop, Step L heel in place with R knee pop

**Ending – Stand Up Pose**

~~~ Enjoy! ~~~

Contact: [kickickwendy@yahoo.com](mailto:kickickwendy@yahoo.com)

---