

# Stand Up Ez

拍數: 32                      牆數: 4                      級數: Beginner  
編舞者: Annemaree Sleeth (AUS) - November 2018  
音樂: Stand Up - The Overtones : (Album: 2018 the Overtones - 3:02)



## Dance Rotates Right CW

Intro -16 Counts from heavy beat approx. 12 secs - (1 Tag)

### S1 [1-8] Diagonal Forward, Touch, Diagonal Forward Touch, Walks Back X 4

1 - 2                      Step Right Diagonally Forward, Touch Left Together Click Fingers On Touches  
3 - 4                      Step Left Diagonally Forward, Touch Right Together Click Fingers On Touches  
5 - 6                      Step Right Back, Step Left Back  
7 - 8                      Step Right Back, Step Left Together

Styling : Lean Your Shoulders into the Forward Touches - Shoulder Rolls On Walks Back

### S2 [9-16] Vine Right, Touch, Vine Left, Touch/Scuff

1 - 2                      Step Right Side, Cross Left Behind Right  
3 - 4                      Step Right Side, Touch/Scuff Left Slightly Forward  
5 - 6                      Step Left Side, Cross Right Behind Left  
7 - 8                      Step Left Side, Scuff/Touch Right Slightly Forward

Option of Rolling Vines, Right and Left Add Touches

### S3 [17-24] V Step ¼ Right V Step

1 - 2                      Step Right Out Forward, Step Left Out Forward  
3 - 4                      Step Right Back, Step Left Together  
5 - 6                      1/4 Turn Right Step Right Out Forward, Step Left Out Forward 3.00  
7 - 8                      Step Back, Step Together

Styling: V Steps : Alternate Arms Up Up, On the Forward Steps  
and Down, Down On The Back Steps, Twice

Right Arm Up, Left Arm Up , Then Right Arm Down, Left Arm Down

### S4 [25-32] Toe Struts Forward x 2 , Rocking Chair

1 - 2                      Touch Right Toe Forward, Drop Right Heel  
3 - 4                      Touch Left Toe Forward,, Drop Left Heel  
5 - 6                      Rock Right Forward, Recover Left  
7 - 8                      Rock Right Back, Recover Left

### Tag [1 - 8] Count End Of Wall 3 Facing 9.00 2 Forward Touches, 2 Back Touches

1 - 2                      Step Right Diagonally Forward, Touch Left Together  
3 - 4                      Step Left Diagonally Forward , Touch Right Together  
5 - 6                      Step Right Diagonally Back , Touch Left Together  
7 - 8                      Step Left Back, Touch Right Together

### Ending Finish Dance

Facing 9.00, Turn ¼ Right Step Right Forward, Right Arm Up and Left Arm Down(Way)

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