

# Stand Up

**COPPER KNOB**  
STEPSHEETS

拍數: 32      牆數: 4      級數: Beginner  
編舞者: Sophie Ruhling (FR) - November 2018  
音樂: Stand Up (feat. Chris Carmack) - Nashville Cast



#8 count intro - CW

#2 RESTARTS - 1 ENDING - 3 VARIATIONS

Dance choreographed for the Country Western Festival Le Mans France Feb 2019

**SECT.1 : CROSS TRIPLE R OVER L TO L SIDE, ROCK STEP L SIDE 1/4 TURN R, TRIPLE STEP L FWD, MILITARY 1/4 TURN L**

1&2            cross R over L, step L beside R, cross R over L  
3-4            rock step L to L side, recover on R with 1/4 turn R (3.00)  
5&6            walk L, walk R beside L, walk L  
7-8            walk R, 1/4 turn L (weight on L) (12.00)

**\*Restart here wall 5 (12.00)**

**\*ENDING HERE: COUNTS 7-8: DO STEP 1/2 TURN L INSTEAD OF THE MILITARY TURN**

**SECT.2 : R HEEL BALL STEP X2, MONTEREY 1/4 TURN R**

1&2            step R heel fwd, step R ball in place, step L slightly fwd  
3&4            step R heel fwd, step R ball in place, step L slightly fwd  
5-6            point R to R side, 1/4 turn R on L ball and step R in place (3.00)  
7-8            point L to L side, step L in place

**\*Restart here wall 2 (6.00)**

**SECT.3 : OUT R, OUT L, HOLD X2 (SNAP R HAND AND L HAND), SAILOR STEP R, SAILOR STEP L**

1-2            walk R diagonale R (slightly), walk L diagonale L (slightly)  
3-4            hold X2 (snap R hand, snap L hand)

**\*VARIATION ("put your hands up"): WALLS 4-8-12: PUT YOUR R HAND UP (1) PUT YOUR L HAND UP (2) CLAP BOTH HANDS TWICE (3-4)**

5&6            cross R behind L, step L to L side, step R to R side  
7&8            cross L behind R, step R to R side, step L to L side

**SECT.4 : TRIPLE STEP R BACK, ROCK STEP L BACK, TRIPLE STEP L FWD, ROCK STEP R SIDE**

1&2            back R, back L beside R, back R  
3-4            rock step L back, recover on R  
5&6            walk L, walk R beside L, walk L  
7-8            rock step R to R side, recover on L

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