

Stand Up

拍數: 112 牆數: 2 級數: Phrased Intermediate
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音樂: Stand Up - Cynthia Erivo



Phrase Sequence: A - B - C - A - B - TAG - C - C - B - B - B - A (through Section 5)
Intro: 16 counts or after 4th mm hmm

PART A: 64 COUNT

S1 Walk and twinkles

1-4 4 count walk forward
5-8 Twinkle left, Twinkle Right

S2 Rocking Chair and 4 count half turn pivot

1-4 R rock forward (1), L step in place (2) R rock back (3) L step in place (4)
5-8 4 count ½ turn pivot left to 6 o'clock

S3 Step Point

1-4 Step point forward R/L, L/R
5-8 Step point back R/L, L/R

S4 Rock recover, ¼ Monterey turn, Right and Left points

1-4 4 count quick Rock Recover (R L R L R L R count as 1 & 2 & 3 & 4)
5-8 ¼ R Monterey turn (5&6), Right point to R, left point to L (7&8)

S5 Rocking Chair and ¼ turn Jazz box

1-4 R rock forward (1), L step in place (2) R rock back (3) L step in place (4)
5-8 Cross R over left (5), L step back (6) R ¼ turn right (7), L step beside right (8)

S6 Twinkles, ½ turn pivot and step, step

1-4 Twinkle L, Twinkle R (1 & 2, 3 & 4)
5-8 ½ turn pivot to left to 6 o'clock, step R, step L

S7 Rock recover, ¼ Monterey, Right and Left points

1-4 4 count Rock Recover (R L R L R L R count as 1 & 2 & 3 & 4)
5-8 ¼ R Monterey turn (5&6), Right point to R, left point to L (7&8)

S8 Rocking Chair and ¼ turn Jazz box

1-4 R rock forward (1), L step in place (2) R rock back (3) L step in place (4)
5-8 Cross R over left (5), L step back (6) R ¼ turn right (7), L step beside right (8)

PART B: 32 COUNT

S1 Rock Recover shuffle

1-4 Forward R Rock Recover, L shuffle back (1, 2, 3 & 4)
5-8 Back L Rock Recover, R shuffle forward (5, 6, 7 & 8)

S2 ¼ Turn Cross Shuffle, Side Cross

1-4 ¼ R turn, L Cross Shuffle (1, 2, 3 & 4)
5-8 L Side Rock, Behind Side Cross (5, 6, 7 & 8)

S3 Side Rock with Triple Step

1-4 R Rock triple step (1, 2, 3 & 4)
5-8 L Rock triple step (5, 6, 7 & 8)

S4 ¼ Turn, Lock Step, Forward Shuffle

1-4 ¼ Turn R Lock Step forward shuffle (1, 2, 3 & 4)

5-8 L Lock Step forward shuffle (5, 6, 7 & 8)

PART C: 16 COUNT

S1 Vines

1-4 Vine R

5-8 Vine L

S2 Step Point

1-4 Step point forward R/L, L/R

5-8 Step point Back L/R, R/L

PART A: 64 COUNT

PART B: 32 COUNT

***4 COUNT TAG**

S1 V Step

1-4 R step forward out to R, L step forward out to L, R step back inward to L, L step back inward to R

PART C: 16 COUNT

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PART B: 32 COUNT

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PART A: 40 COUNT (through Sections 5 only)

Last Update - 7 Oct. 2021
