

# Standards

拍數: 64      牆數: 1      級數: Phrased Low Intermediate  
編舞者: Roy Verdonk (NL), Glenn Ball (UK) & Emma Whillans (USA) - May 2023  
音樂: Standards - Leslie Odom, Jr.



Intro: 16 Counts, Start at approx 15 secs

Sequence: A, A, B, A, A\*, B, A, B

## Part A

### SEC 1 Kick Ball Cross, Kick Ball Cross, & Behind Sweep, Weave, Side Slide

1&2      Kick right forward to right diagonal, step right beside left, cross left over right  
3&4      Kick right forward to right diagonal, step right beside left, cross left over right  
&5      Step right to right, step left behind right sweeping right from front to back  
6&a      Step right behind left, step left to left, cross right over left  
7-8      Step left to left, turn  $\frac{1}{8}$  left sliding right towards left (10:30)

### SEC 2 Kick Ball Change, Boogie Walk x3, Rock, Back, Slide, Touch

1&2      Kick right forward, step right beside left, step left forward  
3&4      Step right forward pushing both knees to right, step left forward pushing both knees to left, step right forward pushing both knees to right  
5-6      Rock left forward, recover weight onto right  
7-8      Step left back sliding right towards left, touch right beside left

### SEC 3 $\frac{1}{8}$ Ball Cross, $\frac{1}{4}$ Reverse Chug Turn Side, Ball Cross, $\frac{1}{4}$ Reverse Chug Turn Side

&1      Turn  $\frac{1}{8}$  right step right beside left, cross left over right (12:00)  
2-3-4      Turn  $\frac{1}{8}$  right step right to right, turn  $\frac{1}{8}$  right step right to right, step right to right (3:00)  
&5      Step left beside right, cross right over left  
6-7-8      Turn  $\frac{1}{8}$  left step left to left, turn  $\frac{1}{8}$  left step left to left, step left to left (12:00)

### Note On fourth Part A add the following then continue with Part B

1      Touch right hand to left shoulder and touch left hand to right shoulder  
&      Touch right hand to right shoulder and touch left hand to left shoulder  
a      Drop both arms  
2      Throw right arm forward

### SEC 4 Heel Grind Ball Cross, Hitch, Point, Look Look, Swivel Heel Toe Heel, Jazz Jump, Back Slide

1&a2      Touch right heel over left, grind right heel step left to left, step right beside left, cross left over right  
&3&4      Hitch right knee, point right to right, look right, look back to front  
5&6      Twist right heel to left, twist right toes to left, twist right heel to left  
7-8      Jump forward on to right foot lifting left back, step left back sliding right towards left

## Part B

### SEC 1 Back, Touch, Back, Touch, Back, Touch, Ball Step, $\frac{1}{2}$ Pivot

1-2      Step right back to right diagonal, touch left beside right  
3-4      Step left back to left diagonal, touch right beside left  
5-6      Step right back to right diagonal, touch left beside right  
&7-8      Step left beside right, step right forward, pivot  $\frac{1}{2}$  left transferring weight on to left (6:00)

### SEC 2 Back, Touch, Back, Touch, Back, Touch, Ball Step, $\frac{1}{2}$ Pivot

1-2      Step right back to right diagonal, touch left beside right  
3-4      Step left back to left diagonal, touch right beside left  
5-6      Step right back to right diagonal, touch left beside right

&7-8 Step left beside right, step right forward, pivot ½ left transferring weight on to left (12:00)

**SEC 3 Side, Kick Over, Side, Kick Over, Side, Touch Behind, Ball Touch Behind, ½ Unwind**

1-2 Step right to right, kick left over right

3-4 Step left to left, kick right over left

5-6 Step right back, touch left behind right

&7-8 Step left to left, touch right behind left, unwind ½ right keeping weight on left (6:00)

**SEC 4 Side, Kick Over, Side, Kick Over, Side, Sailor Step, Touch Behind, ½ Unwind**

1-2 Step right to right, kick left over right

3-4 Step left to left, kick right over left

5 Step right to right

6&a Step left behind right, step right to right, step left to left

7-8 Touch right behind left, unwind ½ right keeping weight on left (12:00)

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