

Everybody Let's Dance!

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Beginner
編舞者: Adam Åstmar (SWE) - November 2023
音樂: Stand Up (feat. Ramona Renea) - David Penn : (iTunes)



Intro: 32 counts from first clear beat, approx. 16 seconds.

Note: Restart occurs towards 3'00 after 16 counts on wall 4.

Sect – 1: Step. Kick. 3x Walk Back. Point Back. 2x Walk Fwd.

1 – 2 Step forward on RF (1). Kick LF forward (2).
3 – 4 Step back on LF (3). Step back on RF (4).
5 – 6 Step back on LF (5). Point RF back (6).
7 – 8 Step forward on RF (7). Step forward on LF (8).

Sect – 2: V-Step with Touch. V-Step with Touch.

1 – 2 Step to R diagonal on RF (1). Step to L diagonal on LF (2).
3 – 4 Step back to center on RF (3). Touch LF next to RF (4).
5 – 6 Step to L diagonal on LF (5). Step to R diagonal on RF (6).
7 – 8 Step back to center on LF (7). Touch RF next to LF (8).

Note! - Restart occurs here on wall 4 facing 3'00 -

Sect – 3: Side Point. Touch. Side. Touch. Side Point. Touch. Side. Touch.

1 – 2 Point RF to R (1). Touch RF next to LF (2).
3 – 4 Step to R on RF (3). Touch LF next to RF (4).
5 – 6 Point LF to L (5). Touch LF next to RF (6).
7 – 8 Step to L on LF (7). Touch RF next to LF (8).

Sect – 4: Toe Strut Fwd R, L. Walk Around ¾.

1 – 2 Touch RF forward (1). Step down on RF (2).
3 – 4 Touch LF forward (3). Step down on LF (4).
5 – 8 Walk around stepping RF (5), LF (6), RF (7), LF (8) while turning ¾ over R shoulder. {9:00}

Optional - If you want to spice it up, shimmy shake your shoulders when doing the toe struts! -

Have fun!