

# Stand

拍數: 72      牆數: 0      級數: Advanced  
編舞者: Barry Amato (USA)  
音樂: Stand - Susan Ashton



## CROSS STEP, SWEEP, CROSS STEP, CROSS STEP, SWEEP, CROSS STEP

- 1-2-3      Cross & step right over left, sweep left from behind right, complete sweep with weight still on right  
4-5-6      Cross & step left over right, sweep right from behind left, cross & step right over left

## EXTEND FOOT, HITCH, ¼ TURN, CHASSE' RIGHT

- 1-2-3      Extend left foot low to the ground on a diagonal to the left (point toes), hitch left foot to right leg (with left knee facing diagonally to the left), pivot on ball of right a ¼ turn right  
4-5-6      Step forward on left, slide right behind left, step forward on left

**There is a slight hesitation on your travel between counts 1&2, which the music will dictate**

## EXTEND FOOT, HITCH, PIVOT, CHASSE'

- 1-2-3      Open a ¼ turn to front position and extend right foot low to the ground on a diagonal to the right (point toes), Hitch right foot to left leg (with right knee on a diagonal to the right), Pivot on ball of left a ¼ turn left  
4-5-6      Step forward on right, Slide left behind right, Step forward on right

**Listen for the hesitation between counts 1 & 2**

## SWEEP, HOLD, CROSS STEP, STEP BACK ¼, ½ TURN

- 1-2-3      Sweep left in front of right and ¼ turn (to front position) right (use all three counts to do this)  
4-5-6      Cross left over right, step back ¼ left on right foot, do a ½ turn left pivoting on ball of right and stepping forward on left

## PRESS FORWARD, HOLD, COASTER STEP

- 1-2-3      Press forward on ball of right foot, hold (2-3)  
4-5-6      Step back on right foot, step together with left, step forward on right

## PRESS FORWARD, HOLD, COASTER STEP

- 1-2-3      Press forward on ball of left foot, Hold (2-3)  
4-5-6      Step back on left foot, step together with right, step forward on left

## STEP FORWARD, ½ TURN, STEP, TURNING COASTER STEP (½ TURN)

- 1-2-3      Step forward on right foot, do a ½ turn left on ball of right foot, step down on left foot  
4-5-6      Step back ½ left on right foot, step together with left foot, step forward on right foot

## ¼ TURN, HOLD, STEP, ½ TURN, STEP, CROSS STEP

- 1-2-3      Step forward on left foot as you pivot a ¼ turn right, hold, step down on right foot in place  
4-5-6      On ball of right foot, pivot ½ turn right and step out on left foot, step on right foot in place, cross left over right

## STEP/SWAY RIGHT, HOLD, STEP, CROSS, UNWIND

- 1-2-3      Step to the right as you sway into the right side, hold (2-3)  
4-5-6      Step to the left on left foot, cross right over left and weight right foot, unwind a full turn left on right foot

## STEP OUT, HOLD, STEP TOGETHER, STEP/SWAY LEFT, HOLD

- 1-2-3      Step left on left, hold, step right together with left  
4-5-6      Step to the left as you sway into the left side, hold (2-3)

**STEP/SWAY RIGHT, HOLD, CROSS STEP, STEP SIDE, ¼ TURN**

1-2-3 Step to the right as you sway into the right side, hold (2-3)

4-5-6 Cross left over right, step to the right on right, open ¼ turn left and step down on left

**¼ TURN-STEP/SWAY RIGHT, HOLD, STEP BEHIND, BALL CHANGE**

1-2-3 Open ¼ turn left pivoting on ball of left (back should be to the original wall of dance) and step right as you sway into the right side, hold (2-3)

4-5-6 Step left foot behind right, step to the right on the ball of the right foot, change weight to left foot in place

**REPEAT**

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