

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
