

# Stand

拍數: 32      牆數: 4      級數: Improver social cha  
編舞者: Nicholette Charlton (USA)  
音樂: Stand - Rascal Flatts



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## WALK-WALK, TRIPLE ½ TURN, ROCK & CROSS, ROCK & CROSS

1-2      Walk forward right - left  
3&4      Triple step ½ turn - turning left  
5&6      Rock out left and step left over right  
7&8      Rock out right and step right over left

## POINT FRONT, SIDE - ¼ TURN SAILOR STEP - STEP ½ TURN - FORWARD SHUFFLE

1&2      Point left foot forward & to left side  
3&4      Sailor shuffle turning ¼ left  
5-6      Step forward right ½ turn left  
7&8      Shuffle forward right, left, right

## MAMBO STEPS & POINT & ROLLED TURNS

1&2      Mambo forward with left foot  
3&4      Mambo back with right foot  
5-6      Point left foot to left side roll right shoulder down and make ¼ turn left  
7-8      Repeat 5-6

## SYNCOPATED MAMBO STEPS - FULL TURN - SHUFFLE FORWARD

1&2&      Mambo right foot back, front, back, front  
3&4      Mambo right foot back, front, back  
5-6      Full turn right stepping left, right  
7&8      Shuffle forward left, right, left

**REPEAT**

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