

# Stand Back

拍數: 32      牆數: 4      級數: Intermediate  
編舞者: Christopher Parsons (UK)  
音樂: Stand Back - Stevie Nicks



## MOONWALKS X4, RIGHT HEEL BOUNCE, LEFT HEEL BOUNCE

- 1            Slide right foot back and taking weight lift left heel
- 2            Slide left foot back and taking weight lift right heel
- 3            Slide right foot back and taking weight lift left heel
- 4            Slide left foot back and taking weight lift right heel
- 5&6        Step right foot forward lifting right heel, snap heel down twice
- 7&8        Step left foot forward lifting left heel, snap heel down twice

## RIGHT HEEL-TOE, RIGHT RUMBA, LEFT HEEL-TOE, LEFT RUMBA

- 1-2        Touch right heel forward, touch right toe back
- 3&4        Step right foot to right side, close left next to right, step right foot forward
- 5-6        Touch left heel forward, touch left toe back
- 7&8        Step left foot to left side, close right next to left, step left foot forward

## RIGHT KICK-HITCH ¼ LEFT, RIGHT COASTER, LEFT KICK-HITCH ¼ RIGHT, LEFT COASTER

- 1-2        Kick right foot forward, hitch right knee making ¼ turn left on ball of left foot
- 3&4        Step right foot back, step left foot next to right, step right foot forward
- 5-6        Kick left foot forward, hitch left knee making ¼ turn right on ball of right foot
- 7&8        Step left foot back, step right foot next to left, step left foot forward

## RIGHT SHUFFLE, STEP ½ RIGHT, LEFT SHUFFLE, STEP ¼ LEFT & STOMP

- 1&2        Step right foot forward, close left next to right, step right foot forward
- 3-4        Step left foot forward, pivot ½ turn right
- 5&6        Step left foot forward, close right next to left, step left foot forward
- 7&8        Step right foot forward, pivot ¼ turn left, stomp right next to left (no weight)

## REPEAT

## TAG

To be danced at the end of walls 3, 7 & 11

- 1&2        Right shuffle
- 3-4        Step ½ turn right
- 5&6        Left shuffle
- 7&8        Step ¼ turn left and stomp (no weight)

**Optional Hand Movement:** During the Chorus when they sing 'Stand Back' push both hands forward as you Moonwalk.