

Stand Up

拍數: 32 牆數: 4 級數: Intermediate
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音樂: Stand Up - Stella Soleil



HOP FORWARD & BACK, ¼ LEFT HOP, HOP TO RIGHT SIDE (FEET TOGETHER) STEP, SCUFF, CROSS, BACK, FORWARD

1-2 Hop forward, hop back
3&4 Hop forward with a ¼ turn left, hop to the right, hop to the right (feet together)
5-6 Step forward right, scuff left
7&8 Cross left over right, step back on right, step forward on left

PIVOT ½ LEFT, PIVOT ¾ LEFT, KICK B STEP - TOUCH, BODY ROLL

1-2 Step forward on right, pivot ½ left
3-4 Step forward on right, pivot ¾ left
5&6 Kick right forward, step home on right, touch left back
7-8 Body roll with a ¼ turn left, (feet should end up shoulder width apart and weight will be even)

TRAVELING PIGEON TOES TO THE RIGHT, THEN TO THE LEFT

1-2 Swivel toes out, toes in
3&4 Toes out, toes in, toes out, (traveling right)
5-6 Repeat pigeon toes in, toes out
7&8 Toes in, toes out, toes out (traveling left)

FULL PADDLE TURN TO THE LEFT, KICK - STEP - STEP, SIT, "STAND UP"

&1 Hitch right knee, make a ¼ turn to the left while touching right out to right side
2-4 Repeat three more times
5&6 Kick right forward, step home on right, step on left (shoulder width apart)
7-8 Bend knees to sit, stand up

REPEAT
