

Stand Up

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 2 級數: Intermediate
編舞者: Yvonne Anderson (SCO)
音樂: Stand Up (And Be Strong) - Keb' Mo'



REVERSE STEP-LOCK-STEP, ½ TURN RIGHT SHUFFLE, ½ RIGHT TURN REVERSE STEP-LOCK-STEP, RIGHT COASTER

1&2 Step left foot back, lock right foot across left foot, step left foot back
3&4 Make ½ turn right and shuffle forward right, left, right
5&6 Make ½ turn right and step left foot back, lock right foot across left, step left foot back
7&8 Step right foot back, step left foot beside right foot, step right foot forward

SCUFF-SCOOT-STEP, HEEL TWISTS WITH ¼ TURN RIGHT, SAILOR STEP, ½ TURN MAMBO

1&2 Scuff left foot forward, hitch left knee and scoot forward on right foot, step left foot slightly forward
3&4 Making ¼ turn right twist heels left, right, left (3:00)
5&6 Step right foot behind left foot, step left foot to left, step right foot to right
7&8 Step left foot forward, pivot ½ turn right (weight on right), step left beside right (9:00)

Restart goes here on wall 5

SIDE ROCK RECOVER, FULL TURN, RIGHT SAILOR, LEFT KICK AND TOUCH

1-2 Rock right foot to right, recover weight on left foot
3 Make ½ turn right and step right foot to right (3:00)
4 On ball of right foot make ½ turn right and step left foot to side (9:00)
5&6 Step right foot behind left foot, step left foot to left, step right foot to right
7&8 Kick left foot forward to right diagonal, step left foot across right foot, touch right toes back to left diagonal

UNWIND, SNAP, HIP BUMPS (OR BODY ROLL), AND ¼ CROSS UNWIND, KICK-BALL-POINT

1-2 Keeping right toes in place make ½ turn right on ball of left foot, hold and snap fingers (3:00)
3&4 Touch right toes to right and bump hips left, right, left
&5 Step right foot back making ¼ turn left, step left foot across right foot (12:00)
6 Unwind ½ turn right (6:00)
7&8 Kick right foot forward, step right foot beside left foot, point left toes to left

REPEAT

RESTART

Following 3rd repetition, facing the back wall, dance the first 15 counts as usual, then touch left foot beside right foot and restart the dance from the 9:00 wall

FINISH

To finish facing the home wall substitute the last 2 counts with a 1 ¼ unwind, step right foot forward and point left foot to left.