

Stand Up

拍數: 64 牆數: 2 級數: Intermediate/Advanced
編舞者: Noel Bradey (AUS)
音樂: Stand Up - Blue



LUNGE RIGHT, REPLACE, TRIPLE STEP, LUNGE LEFT, REPLACE, TRIPLE STEP

- 1-2 Lunge/step on right to right (optional point to right), replace weight to left dragging right towards left (arm to side)
3&4 Step on the spot right-left-right
5-6 Lunge/step on left to left (optional point to left), replace weight to right dragging left towards right (arm to side)
7&8 Step on the spot left-right-left

LUNGE RIGHT FORWARD, TRIPLE STEP, LOCK SHUFFLE BACK, ½ SWEEP LOCK SHUFFLE FORWARD

- 1-2 Lunge/step forward on right (optional point both arms forward), replace weight to left dragging right towards left (arms down)
3&4 Step on the spot right-left-right
5&6 (Traveling back at 45 degrees left) step left back, cross/step right over left, step left back
&7&8 Sweep right around turning ½ turn right, step right forward, lock/step left behind right, step right forward (6:00)

TOUCH SIDE, ¼ TURN HOOK, COASTER CROSS, SIDE, REPLACE, CROSS, ½ UNWIND, KICK FORWARD

- 1-2-3&4 Touch left toe to left, turn ¼ turn left on right hooking left behind right, step left back, step right beside left, cross/step left over right (3:00)
5&6 Rock/step right to right, replace weight to left, step on right heel across right
7-8 Stepping down on right unwind ½ turn left, kick left forward (9:00)

BALL, STEP, KICK, BALL, STEP, TOUCH, STEP, TOUCH, TOUCH, STEP, FORWARD, REPLACE, ½ TURN

- &1-2&3 Step back on ball of left, step right forward, kick left forward, step back on ball of left, step right forward
&4 Stub/touch left toe forward, step left further forward
5&6 Stub/touch right toe forward, stub/touch right toe further forward, step right further forward
7&8 Rock/step left forward, replace weight to right, turn ½ turn left stepping left forward (3:00)

¼ TURN, BEHIND, ¼ TURN, FORWARD, ¾ UNWIND, SIDE, SAILOR ½ TURN, SIDE, TOUCH ACROSS

- 1-2 Turn ¼ turn left stepping right to right, cross/step left behind right (12:00)
3&4 Turn ¼ turn right stepping right forward, step left forward, pivot turn ¾ turn right (end weight right) (12:00)
5-6&7 Step left to left, cross/step right behind left starting ½ turn turn right, finish turn stepping left to left, replace weight to right
&8 Step left to left, touch right toe across left (6:00)

BACK, HEEL FORWARD, BESIDE, TOUCH SIDE, BESIDE, TOUCH SIDE, BALL, CROSS, ROCK, REPLACE, ½ HINGE TURN SIDE, BESIDE, ¼ TURN STEP FORWARD

- &1&2 Step back on right at right 45 degrees angle, touch left heel forward, step left beside right, touch right toe to right side
&3&4 Step right beside left, touch left toe to left side, step slightly back on ball of left, cross/step right over left
5-6 Rock/step left to left, replace weight to right

7&8 ½ hinge turn left stepping left to left, step right beside left, turning ¼ turn left step left forward (9:00)

FORWARD, ½ PIVOT, HEEL, BALL, CROSS, HEEL, BALL, CROSS, SIDE, REPLACE, CROSS

1-2 Step right forward, pivot turn ½ turn left (weight left) (3:00)

3&4 (Traveling right) touch right heel forward, step on ball of right beside left, cross/step left over right

5&6 (Traveling right) touch right heel forward, step on ball of right beside left, cross/step left over right

7&8 Rock/step right to right, replace weight to left, cross/step right over left

ROCK, REPLACE, BEHIND, TOUCH, TOUCH, STEP, FORWARD, ½ TURN, FORWARD, FORWARD, ½ PIVOT

1&2 Rock/step left to left, replace weight to right, cross/step left behind right

3&4 Turn ¼ turn right to touch right toe forward, touch right toe further forward, step forward on right (6:00)

5&6 Step left forward, pivot turn ½ turn right (weight right), step left forward (12:00)

7&8 Step right forward, pivot turn ½ turn right (weight left) (6:00)

REPEAT

ENDING

Do the ½ turn sweep after count 14 to face front wall stepping right beside left
