

Standing Tall

拍數: 68 牆數: 2 級數: Intermediate
編舞者: Heather Gargiulo (NZ)
音樂: I Will Hold My Ground - Darryl Worley



BACK TOGETHER, FORWARD TOGETHER

1-4 Step left back, step right beside left, step left forward, step right beside left

STEP HOLD, STEP HOLD, BOX, HOLD, REPEAT

1-4 Step forward left, hold, step forward right, hold
5-7 Cross left over right, step back right, step left to left side
8 Hold

1-8 Repeat last 8 counts starting with right

¼ HEEL TWISTS, KICK BALL CHANGE, TOE HEEL, SIDE BEHIND

1 Turning ¼ right twist both heels left
2 Turning ¼ left twist both heels right
3&4 Kick left forward, step left beside right, step right in place
5-6 Touch left toe to right instep, touch left heel to right instep
7-8 Step left to left side, step right behind left

HOLD, ¼ TURN FORWARD, FULL TURN HOOK, STEP TOGETHER STEP, HOLD

1 Hold
2 Turn ¼ left and step forward left
3 Turn ½ left and step back right
4 Turn ½ left on right hooking left foot below right knee
5-7 Step forward left, step right beside left, step forward left
8 Hold

STEP ½ PIVOT STEP, HOLD, ½ TURN HOLD, ½ TURN HOLD

1-2 Step forward right, ½ pivot left changing weight to left
3-4 Step forward right, hold
5-6 Turn ½ right and step back on left, hold
7-8 Turn ½ right on left stepping forward right, hold

STEP TOGETHER, STEP TOGETHER, STEP ½ PIVOT, STEP TOGETHER

1-4 Step forward left, step right beside left, step left forward, step right beside left
5-6 Step forward left, ½ pivot right changing weight to right
7-8 Step forward left, step right beside left

CROSS ROCK ROCK TURN, CROSS ROCK ROCK TURN

1-3 (Stepping forward and across) rock left over right, recover back onto right still facing right
diagonal rock forward onto left in place
4 Turn ¼ left to face left diagonal on left foot, bring right from the back to the front
5-7 (Stepping forward and across) rock right over left, recover back onto left still facing left
diagonal rock forward onto right in place
8 Turning right on right foot straighten to side wall, bring left from the back to the front

CROSS ¼ BACK

1-4 (Stepping forward and across) step left over right, hold, turn ¼ left stepping back right, hold

REPEAT

RESTART

On count 60 of 3rd wall, turn to face the front wall (just over a $\frac{1}{4}$ turn right), then restart

After counts 3 & 4 of 7th wall (the 'twist twist kick ball change') replace the next 4 counts with: step left to left side, hold, $\frac{1}{2}$ hinge right stepping right to right side, hold, then restart.

There is a slight pause in the music towards the end of the song, just keep dancing
