

I'll Be Standing By

COPPERKNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Improver
編舞者: Sebastiaan Holtland (NL) - January 2008
音樂: I'll Be Standing (feat. Lemar) - Ali Campbell : (Album: Running Free 07)



Intro: 16 counts after vocal 1-2-3-4

WALK FWD, WALK FWD WITH 1/4 TURN, 1/2 SAILOR CROSS, ROCK / RECOVER, LOCKSTEP WITH 1/4 TURN

- 1-2 Step Rf forward, step Lf forward with 1/4 turn right weight onto Lf (3:00)
- 3&4 Step Rf behind Lf, step Lf to the left with 1/2 turn right, step Rf across Lf weight onto Rf (9:00)
- 5-6 Rock Lf forward, recover on Rf
- 7&8 Step Lf forward with 1/2 turn left, lock Rf behind Lf, step Lf forward weight onto Lf (3:00)

STEP PIVOT WITH 1/2 TURN, 3/4 CHANNE TURN, SIDE STEP, CROSS ROCK /RECOVER, LOCKSTEP FWD WITH 1/4 TURN

- 1-2 Step Rf forward, turn 1/2 left take weight onto Lf (9:00)
- 3-4 Close Rf next Lf, Rf+Lf turning 3/4 left and step Lf to the left weight onto Lf (12:00)
- 5-6 Rock Rf over left, recover on Lf
- 7&8 Step Rf forward with 1/4 turn right, lock Lf behind Rf, step Rf forward weight onto Rf (3:00)

PUSH STEP FORWARD, SWEEP WITH 1/4 TURN, SAILOR CROSS, SIDE ROCK / RECOVER WITH 1/4 TURN, LOCKSTEP FWD

- 1-2 Push Lf forward, recover on Rf and sweep your Lf from front to back with 1/4 turn left (12:00)
- 3&4 Step Lf behind Rf, step Rf to the right, step Lf across Rf weight onto Lf (12:00)
- 5-6 Rock Rf to the right, recover on Lf with 1/4 turn left weight onto Lf (9:00)
- 7&8 Step Rf forward, lock Lf behind Rf, step Rf forward weight onto Rf

MAMBO SIDE WITH 1/4 TURN, MAMBO SIDE, 1/4 TURN TAP FWD, BACK HIP BUMPS, SIDE STEP WITH HIP ROLLS, TOUCH

- 1&2 Mambo Lf in front of Rf, recover on Rf, step Lf to the left with 1/4 turn left weight onto Lf (6:00)
- 3&4 Mambo Rf in front of Lf, recover on Lf, step Rf to the right weight onto Rf
- 5&6& Turning 1/4 left, and tap Lf forward weight onto Rf, bump your R hip back 2 times, Take weight onto Lf (3:00)
- 7&8 Step Rf to the right and roll your R hip cw, recover on Lf and roll your L hip ccw, and touch Rf next to Lf take weight onto Lf (3:00)

REPEAT AND HAVE FUN