

Stand Tall

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Willie Brown (SCO) - September 2007
音樂: The World's Greatest - R. Kelly : ('Ali' soundtrack)



Intro; Starting on the vocals - 32 counts (19 seconds)
Brackets indicate which wall you should be facing (first wall only)

SECTION 1: SIDE, ROCK AND SIDE, COASTER, ROCK, RECOVER, ½ SHUFFLE

1 Step right to right side [12]
2&3 Rock back on left, recover weight forward on right, step left to left side
4&5 Step back on right, step left next to right, step forward on right
6,7 Rock forward on left, recover weight back on right
8&1 Turn ¼ left and step left to left side, step right beside left, turn another ¼ left and step forward on left [6]

SECTION 2: CROSS ROCK, RECOVER, BEHIND SIDE CROSS, ROCK, WEAVE

2,3 Rock right across left, recover weight back on left sweeping right out and back
4&5 Cross right behind left, step left to left side, cross right over left
6,7 Rock left out to left side, recover weight on right
8&8&1 Cross left over right, step right to right side, cross left behind right, step right to right side **
Restart here during 5th wall**

SECTION 3: ROCK, RECOVER, ½ TRIPLE, MAMBO, COASTER

2,3 Rock back on left, recover weight forward on right
4&5 Turn ¼ left stepping forward on left, step right beside left, turn another ¼ left stepping forward on left (try to make a 'curve') [12]
6&7 Rock forward on right, recover weight back on left, step right beside left
8&1 Step back on left, step right beside left, step forward on left

SECTION 4: ½ PIVOT, ¼ ROCK AND CROSS, ROCK AND CROSS, FULL SPIRAL

2,3 Step forward on right, pivot ½ left taking weight forward on left [6]
4&5 Making ¼ turn left rock right out to right side, recover weight on left, cross right over left [3]
6&7 Rock left out to left side, recover weight on right, cross left over right
8 Unwind a full turn over your right shoulder keeping weight on left [3]

START AGAIN.....AND SMILE!!!!

**** Restart ****

To keep in phrasing with the music a restart is needed halfway through the 5th wall – you will start this wall facing the front and the restart will occur on the back wall with the last step of the weave becoming the first step of the new wall.