

Girl, I'll Stand By You

COPPER **KNOB**
STEPSHEETS

拍數: 0 牆數: 4
編舞者: Nancy Lee (MY) - January 2009
音樂: I'll Stand By You - Girls Aloud

級數: Phrased Intermediate



Sequence Of Dance: A / B/ A/ B/ A-/ Tag / B / B / B

(Start after 10 count intro on the word – “oooh”).

This dance is specially dedicated to my dear student Lily Koh of Fitness First – I.O.I Mall
(Remember, I'll Stand By You)

PART A (32 counts)

STEP SIDE RIGHT, FULL TURN RIGHT, CROSS BEHIND, 1/4 TURN LEFT X 2, TOUCH RIGHT TO RIGHT, SYNCOPATED CROSS STEPS

- 1 Large Step Right to Right Side
- 2 & 3 1/4 turn right stepping on left forward, 1/4 turn right stepping on ball of right, 1/2 turn right stepping on left to left side (LRL -making full turn right) (12:00)
- 4&5 Cross step right behind left, ¼ turn left step forward left , ¼ turn left on ball of left touch right ft to right side (6:00)
- 6&7&8&1 Cross right behind left, step left to left, cross right over left , step left to left, Cross right behind left, step left to left, cross right over left (6:00)

SIDE-ROCK-CROSS, TRIPLE FULL TURN LEFT FORWARD, SIDE- ROCK-CROSS, ¾ TURN LEFT, STEP SIDE RIGHT

- 2&3 Rock left to left side, recover onto right, cross left over right (LRL)
- 4&5 ½ turn left stepping back right, ½ turn left stepping forward left, step forward right(RLR) (6:00)
- 6&7 Rock left to left side, recover onto right, cross left over right (LRL)
- 8&1 ½ turn left stepping back right, ¼ turn left step left to left side (small step) , slide large step right to right side (9:00)

CROSS-ROCK-SIDE, CROSS-ROCK-SIDE, FORWARD LEFT, SWEEP RONDE ½ TURN LEFT, TOUCH, WALKS FORWARD RIGHT, LEFT, RIGHT

- 2&3 Rock left over right, recover onto right, step left to left side
- 4&5 Rock right over left, recover onto left, step right to right side (9:00)
- 6,7, Step forward left (6), sweep ronde ½ turn left ,touch right beside left (7) (3:00)
- 8&1 Slightly run forward , R , L , R (Restart here – 5th repetition - 2 count Tag)

FORWARD ROCK & RECOVER, ½ TURN LEFT, CROSS, HIP SWAYS – L/R/L/R, STEP LEFT BESIDE RIGHT

- 2&3 Rock forward on left & recover on right, make ½ turn left stepping forward on left (9:00)
- 4 Cross step right over left
- 5,6,7,8& Step left slightly left swaying hips left, right, left ,right , step left beside right (9:00)

PART B (32 Counts)

STEP SIDE RIGHT, FULL TURN RIGHT, CROSS BEHIND, 1/4 TURN LEFT X 2, TOUCH RIGHT TO RIGHT, SYNCOPATED CROSS STEPS

- 1 Large Step Right to Right Side
- 2 & 3 1/4 turn right stepping on left forward, 1/4 turn right stepping on ball of right, 1/2 turn right stepping on left to left side (LRL -making full turn right) (9:00)
- 4&5 Cross step right behind left, ¼ turn left step forward left , ¼ turn left on ball of left touch right ft to right side (3:00)
- 6&7&8&1 Cross right behind left, step left to left, cross right over left , step left to left, Cross right behind left, step left to left, cross right over left (3:00)

SIDE-ROCK-CROSS, TRIPLE FULL TURN LEFT FORWARD, ¼ TURN RIGHT SWEEP, HITCH,CROSS STEP, 1/4 TURN LEFT (X2), CROSS RIGHT OVER LEFT

- 2&3 Rock left to left side, recover onto right, cross left over right (LRL) (3:00)
4&5 ½ turn left stepping back right, ½ turn left stepping forward left, step forward right(RLR) (3:00)
6&7 Sweep left over right ¼ turn right (6) , hitch (&) , cross step left over right (7) (6:00)
8&1 Make ¼ turn left stepping back on right (8) , make ¼ turn left stepping left to left side &) , cross right over left (1) (12:00)

SWEEP,CROSS OVER ,STEP, CROSS WALKS RIGHT/LEFT,TRIPLE FULL TURN LEFT BACK, BACK, CROSS

- 2, 3,4,5 Sweep left from back to front (in the air) cross over right (2), step down on left (3), cross walk right over left (4), cross walk left over right (5) (12:00)
6&7 ½ turn left stepping back right, ½ turn left stepping forward left, step (ball press) forward on right
8&1 Rock back on left (8), step back on right (&) , cross left over right (1) (12:00)

SIDE-ROCK-CROSS, COASTER LEFT, FORWARD ROCK & RECOVER, STEP BACK, ½ TURN LEFT

- 2&3 Rock right to right side, recover onto left, cross right over left(RLR) (12:00)
4&5 Step back on left, step right beside left, step forward on left
6,7 Forward rock on right, recover on left
8& Step back on right (8) , ½ turn left step forward on left (&) (6:00)

TAG/ RESTART:

Restart during the 5TH repetition (Part A) , dance up to 24 Counts which is walks forward R,L,R(8&1), add 2 count Tag : make ½ pivot turn left (1) , hold (2), then restart the dance with Part B (facing 9:00)
