

# 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)**

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