

Stand By Me

拍數: 204 牆數: 4 級數: Phrased Intermediate
編舞者: Chew Yit Moy - September 2011
音樂: Stand By Me - SHINee : (Album: OST - Boys Over Flowers)



Start after 8 beats @ vocals.

A. 4 X 8

A1.(1 - 8) — Forward, touch, kick, coaster step, chasse R, ¼ turn L.

1 – 3 R step forward, L touch next to R, L kick diagonally L,
4&5 L step back, R step beside L, L step forward
6&7 Chasse R(R,L,R),
8 ¼ turn L step to L.

A2. (1 - 8)-- Cross shuffle, rock, shuffle forward, ¼ turn L, hold.

1&2&3-4 Cross shuffle R-L-R, L behind R. R rock R, recover on L
5&6 -7- 8 shuffle forward R,L,R. ¼ turn L rock L, hold.

Repeat A1 & A2. (2x8)

B 1. (music) 4 X 8 + 4 counts

(1—8) Step, point, step, point, step back, step back, step back ¼ turn, forward.

1-2-3-4 R step FORWARD facing diagonally R, L touch by R toe, L step FORWARD facing
 diagonally L, R touch by L toe.
5,6,7,8 R step back, L step back, R step back ¼ turn R, L step forward .

Repeat the 8 counts 3 times (ending facing 12.00)

B2. (4 counts)

R rock R, recover on L, R rock R turning ¼ L sliding L to R(wt on R with L leg bent), R palm on R hip, eyes @ R arm, hold. (9.00)

C. 8 x 8 + 4 counts

C1. (2x8) Forward , point n switch, rock, recover, shuffle with ½ turn.

1-2-3&4 Walk fwd L- R, L point to L, step L together R, R point to R.
5-6-7&8 Rock forward R, recover on L, ½ turn R shuffle forward R,L,R.

Repeat the above 8 counts.

C2. (4x8) Forward ¼ turn, side, shuffle forward, side, shuffle backward.

1-2- 3&4 L forward ¼ turn R, R step beside L, shuffle forward L,R,L.
5,6 ,7&8 R step R, L step beside R, shuffle backward R,L,R.

Repeat C2 - 3 times.

Repeat C1 (2X8) .

*4counts----- L ¼ turn R , rock L,R,L,R. (ending facing 12 o'clock)

D. 4 X 8

D1 (1—8), touch ,push, push, step, touch, push, push, step.

1 – 4 L touch by R diagonally R, push L hip up twice, L step diagonally L by R.
5 – 8 R touch by L diagonally L, push R hip up twice, rest on L.

D2 (1—8) side together, side together, point back, ½ turn, forward, hold.

1 - 4 R step to right side, L step next to R, R step to right side, L touch by R ,
5 - 8 L touch @ back of R, pivot ½ turn L, change wt on L, R step forward, Hold.

Repeat D1 & D2. (2X8). Change the last 'Hold' to 'recover L'. (@ vocal 'oh.....')

E. 4 X 8 + 4 counts

E1 (1—8) side together, side together, ¼ turn R, side together , side together, 1 – 4 R to R side, L touch beside R, L to L side, R touch beside L.

5 – 8 ¼ turn R step R, L touch beside R, L to L side, R touch beside L(12.00)

E2 (1—8) step , Step , Step, point.

1 – 4 R step R, L step L, R step beside L, L point to L side (bend R leg,)

5 – 6 L point in front of R, L point diagonally R (bend R leg,)

7 – 8 L point L, L step beside R ¼turn L. (9.00)

Repeat E1 & E2 (2X8), (ending facing 3.00).

***4 counts--- Rock R, L, R, hold.**

Final ending after last A

***3 counts--- Repeat first 3 counts of B2 @ 3.00, ending facing 12.00.**

Note: For sequence when A is followed by C:

***1. Begin C1 with R leg facing 3.00.**

***2. Begin C2 with R forward ¼ turn L(12.00). 3. 4 counts—R.L,R, hold. (3.00)**

Thank you and enjoy the dance!
