

Stand Up

拍數: 128 牆數: 1 級數: Low Intermediate
編舞者: Shirley Lee & Kimmy Tsen (MY) - February 2014
音樂: Stand Up - Leslie Cheung



Sequence of dance: -

A TAG AB AC

A, B minus (32 counts + a 4 count ½ turn body roll to the right)

A, A minus (dance 24 counts)

Intro: Start on the words "Stand Up"

FORWARD DIAGONAL, TOUCH, SIDE, TOUCH, BACK DIAGONAL & TOUCH TWICE

- 1-2 Step right diagonally to right, touch left next to right
- 3-4 Step left to left, touch right next to left
- 5-6 Small step back on right diagonally, touch left next to right
- 7-8 Small step back on left diagonally, touch right next to left

TOE STRUT JAZZ BOX

- 1-2 Cross touch right toe over left, step down on right
- 3-4 Touch left toe behind right, step down on left
- 5-6 Touch right toe beside left, step down on right
- 7-8 Cross touch left toe over right, step down on left

PART A (48 counts)

¼ TURN R, LOCK STEP, TOUCH, KNEE POPS

- 1-4 ¼ turn right, step forward on right, lock left behind right, right forward, touch left behind right
- &5-6 ¼ turn left step down on left and pop right knee, hold
- &7-8 Step down on right and pop left knee, hold

¼ TURN L, LOCK STEP, TOUCH, KNEE POPS

- 1-4 ¼ turn left, step forward on left, lock right behind left, left forward, touch right behind left
- &5-6 Step down on right and pop left knee, hold
- &7-8 Step down on left and pop right knee, hold

PIVOT ½ TURN, HOLD, ROCK, RECOVER, ½ TURN

- 1-4 Step forward on right, pivot ½ turn left, step forward right, hold
- 5-8 Rock forward on left, recover on right, ½ turn left, stepping forward on left, hold

TOE STRUTS, ½ MONTEREY TURN

- 1-2 Touch right forward, step down on right
- 3-4 Touch left forward, step down on left
- 5-6 Point right to right, ½ turn right stepping right next to left
- 7-8 Point left to left, step left next to right (6)

TOE STRUTS, ½ MONTEREY TURN

Repeat 1-8 above

CROSS POINT TWICE, HIP BUMPS

- 1-2 Right over left, point left to left
- 3-4 Left over right, point right to right
- 5-8 Hip bumps RRLL

Part B (48 counts)

FORWARD DIAGONAL, TOUCH, SIDE, TOUCH, BACK DIAGONAL & TOUCH TWICE

- 1-2 Step right diagonally to right, touch left next to right
- 3-4 Step left to left, touch right next to left
- 5-6 Small step back on right diagonally, touch left next to right
- 7-8 Small step back on left diagonally, touch right next to left

TOE STRUT JAZZ BOX

- 1-2 Cross touch right toe over left, step down on right
- 3-4 Touch left toe behind right, step down on left
- 5-6 Touch right toe beside left, step down on right
- 7-8 Cross touch left toe over right, step down on left

1/4 TURN LEFT, HEEL, TOE, HEEL, TOE

- & ¼ left rock back on right leaning back slightly (9)
- 1-2 Touch left heel forward, hold
- 3-4 Step down on left, leaning forward slightly, at the same time touch right toe behind, hold
- 5-8 Repeat 1-4

HEEL, TOE, HEEL, TOE

- 1-2 Touch left heel forward, hold
- 3-4 Step down on left, leaning forward slightly, at the same time touch right toe behind, hold
- 5-8 Repeat 1-4

(B minus ends here. Do an extra 4 count ½ turn body roll to the right facing 3 o'clock & start A again)

¼ TURN RIGHT, OUT OUT IN IN – TWICE

- 1-4 Step out on right, step out on right, step in on right, step in on left
- 5-8 Repeat 1-4

PADDLE FULL TURN LEFT

- 1-8 Paddle full turn left

PART C - 32 counts

SWIVEL RIGHT HOLD, SWIVEL LEFT HOLD

- 1-4 Swivel to right side, heel, toe, heel, hold
- 5-8 Swivel to left side, heel, toe, heel, hold

FORWARD DIAGONAL, TOUCH, CLAP – 4 TIMES

- 1-2 Step right forward diagonally right, touch left next to right, clap
- 3-4 Step left forward diagonally left, touch right next to left, clap
- 5-8 Repeat 1-4

BACK TOE STRUTS

- 1-2 Touch right toe back, step down on right
- 3-4 Touch left toe back, step down on left
- 5-8 Repeat 1-4

JUMP TOUCH X 4

- 1-2 Jump right to right, touch left next to right
- 3-4 Jump left to left, touch right next to left
- 5-8 Repeat 1-4

Raise right and left hands a-go-go style)

TAG

- 1-4 Step right to right, touch left next to right, step left to left, touch right next to left
- 5-6 Step back on right, point to left
- 7-8 Step back on left, hitch right

Note: For hand movements please watch demo video

Please email: kimmytsen@gmail.com if you have difficulty getting the music.
