

# "Stand Up"

## CHOREOGRAPHERS:

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## DESCRIPTION:

32 count, 4 Wall Intermediate line dance

## SUGGESTED MUSIC:

"Stand up" by Stella Soleil from the 'Dirty Little Secret' CD (119 bpm, Hustle style music)

<u>COUNT</u>	<u>DESCRIPTION</u>
<b><u>1 – 4</u></b>	<b><u>HOP FORWARD &amp; BACK, 1/4 LEFT HOP, HOP TO RIGHT SIDE (feet together)</u></b>
1-2 3&4	Hop forward, Hop back, Hop forward with a 1/4 turn left, Hop to the right, Hop to the right (feet together)
<b><u>5 - 8</u></b>	<b><u>STEP, SCUFF, CROSS, BACK, FORWARD,</u></b>
5-6 7&8	Step forward right, Scuff left, Cross left over right, Step back on right, Step forward on left,
<b><u>9 - 16</u></b>	<b><u>PIVOT 1/2 LEFT, PIVOT 3/4 LEFT, KICK – STEP - TOUCH, BODY ROLL,</u></b>
1-2 3-4 5&6 7-8	Step forward on right, Pivot 1/2 left, Step forward on right, Pivot 3/4 left, Kick right forward, Step home on right, Touch left back, Body roll with a 1/4 turn left, (feet should end up shoulder width apart and weight will be even)
<b><u>17 - 24</u></b>	<b><u>TRAVELLING PIGEON TOES TO THE RIGHT, THEN TO THE LEFT</u></b>
1-2 3&4 5,6 7&8	Swivel Toes out, Toes in, Toes out, Toes in, Toes out, (traveling right) Repeat Pigeon Toes in, Toes out, Toes in, Toes out, Toes out (traveling left)
<b><u>25 - 32</u></b>	<b><u>360 PADDLE TURN TO THE LEFT, KICK - STEP - STEP, SIT, "STAND UP"</u></b>
&1 2-4 5&6 7-8	Hitch right knee, Make a 1/4 turn to the left while touching right out to right side, Repeat three more times, Kick right forward, Step home on right, Step on left (shoulder width apart) Bend knees to sit, Stand up,

Step sheet prepared by Kevin Winn (dancewinn@juno.com)