|  |  |
| --- | --- |
| Stand Up |  |

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|  |
| --- |
| . |
| **Count:** | 32 | **Wall:** | 4 | **Level:** | Beginner | . |
| **Choreographer:** | Sophie Ruhling (FR) - November 2018 |
| **Music:** | Stand Up (feat. Chris Carmack) - Nashville Cast |
| . |

**#8 count intro - CW**

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|   |

**#2 RESTARTS - 1 ENDING - 3 VARIATIONS**

**Dance choreographed for the Country Western Festival Le Mans France Feb 2019**

**SECT.1 : CROSS TRIPLE R OVER L TO L SIDE, ROCK STEP L SIDE 1/4 TURN R, TRIPLE STEP L FWD, MILITARY 1/4 TURN L**

|  |  |
| --- | --- |
| 1&2 | cross R over L, step L beside R, cross R over L |

|  |  |
| --- | --- |
| 3-4 | rock step L to L side, recover on R with 1/4 turn R (3.00) |

|  |  |
| --- | --- |
| 5&6 | walk L, walk R beside L, walk L |

|  |  |
| --- | --- |
| 7-8 | walk R, 1/4 turn L (weight on L) (12.00) |

**\*Restart here wall 5 (12.00)**

**\*ENDING HERE: COUNTS 7-8: DO STEP 1/2 TURN L INSTEAD OF THE MILITARY TURN**

**SECT.2 : R HEEL BALL STEP X2, MONTEREY 1/4 TURN R**

|  |  |
| --- | --- |
| 1&2 | step R heel fwd, step R ball in place, step L slightly fwd |

|  |  |
| --- | --- |
| 3&4 | step R heel fwd, step R ball in place, step L slightly fwd |

|  |  |
| --- | --- |
| 5-6 | point R to R side, 1/4 turn R on L ball and step R in place (3.00) |

|  |  |
| --- | --- |
| 7-8 | point L to L side, step L in place |

**\*Restart here wall 2 (6.00)**

**SECT.3 : OUT R, OUT L, HOLD X2 (SNAP R HAND AND L HAND), SAILOR STEP R, SAILOR STEP L**

|  |  |
| --- | --- |
| 1-2 | walk R diagonale R (slightly), walk L diagonale L (slightly) |

|  |  |
| --- | --- |
| 3-4 | hold X2 (snap R hand, snap L hand) |

**\*VARIATION ("put your hands up"): WALLS 4-8-12: PUT YOUR R HAND UP (1) PUT YOUR L HAND UP (2) CLAP BOTH HANDS TWICE (3-4)**

|  |  |
| --- | --- |
| 5&6 | cross R behind L, step L to L side, step R to R side |

|  |  |
| --- | --- |
| 7&8 | cross L behind R, step R to R side, step L to L side |

**SECT.4 : TRIPLE STEP R BACK, ROCK STEP L BACK, TRIPLE STEP L FWD, ROCK STEP R SIDE**

|  |  |
| --- | --- |
| 1&2 | back R, back L beside R, back R |

|  |  |
| --- | --- |
| 3-4 | rock step L back, recover on R |

|  |  |
| --- | --- |
| 5&6 | walk L, walk R beside L, walk L |

|  |  |
| --- | --- |
| 7-8 | rock step R to R side, recover on L |

**Association Loi 1901 (N° W953006406)**

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