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| Stand Down |  |

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| . | | | | | | |
| **Count:** | 96 | **Wall:** | 2 | **Level:** | Phrased Intermediate | . |
| **Choreographer:** | Sandy Goodman (USA) - February 2014 | | | | |
| **Music:** | Stand Down - Little Mix | | | | |
| . | | | | | | |

**Prepared By: Sandy Goodman - Newbury, Ohio (440) 564-8243 sgoody@nls.net**

**16 count intro. - Sequence: A, B, A, Tag, A- (1st 32cts.), B, A, A, A**

**Part A (64cts)**

**Shuffle Forward, Rock-Recover, Coaster, Step Forward, Pivot ¼ Turn**

|  |  |
| --- | --- |
| 1 & 2 | Step Right forward (1), Step Left beside right (&), Step Right forward (2) |

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| --- | --- |
| 3 - 4 | Rock forward Left (3), Recover on Right (4) |

|  |  |
| --- | --- |
| 5 & 6 | Step Left back (5), Step Right beside left (&), Step Left forward (6) |

|  |  |
| --- | --- |
| 7 - 8 | Step forward Right (7), Pivot ¼ left- weight on Left (8) 9:00 |

**Cross Shuffle, ¼ Right, ¼ Right, Crossing Shuffle, Side Rock-Recover**

|  |  |
| --- | --- |
| 1 & 2 | Cross Right over left (1), Step Left side left (&), Cross Right over left (2) |

|  |  |
| --- | --- |
| 3 - 4 | Turn ¼ right- Step Left back- 12:00 (3), Turn ¼ right - Step Right side right (4) 3:00 |

|  |  |
| --- | --- |
| 5 & 6 | Cross Left over right (5), Step Right side right (&), Cross Left over right (6) |

|  |  |
| --- | --- |
| 7 - 8 | Rock Right side right (7), Recover on Left (8) |

**Right Sailor, Cross, Step Side. Left Sailor, Cross, Step Side**

|  |  |
| --- | --- |
| 1 & 2 | Step Right behind left (1), Step Left side left (&), Step Right side right (2) |

|  |  |
| --- | --- |
| 3 - 4 | Cross Left over right (3), Step Right side right (4) |

|  |  |
| --- | --- |
| 5 & 6 | Step Left behind right (5), Step Right side right (&), Step Left Side left (6) |

|  |  |
| --- | --- |
| 7 - 8 | Cross Right over left (7), Step Left side left 3:00 |

**Step Forward Right, Roll Hip ½ Turn Left, ¼ Turn Left, Jazz Box With Cross**

|  |  |
| --- | --- |
| 1 - 2 | Step forward Right (1), Roll hips ½ turn left- weight on Left (2) 9:00 |

|  |  |
| --- | --- |
| 3 - 4 | Step forward Right (3), Roll hips ¼ turn left- weight on Left (4) 6:00 |

|  |  |
| --- | --- |
| 5 - 8 | Cross Right over left (5), Step Left back (6), Step Right side right (7), Cross Left over right (8) |

**Kick Forward, ¼ Right- Kick Forward. Coaster, Kick Forward, ¼ Left- Kick Forward, Coaster**

|  |  |
| --- | --- |
| 1 - 2 | Kick Right forward (1), Turn ¼ right- Kick Right forward (2) 9:00 |

|  |  |
| --- | --- |
| 3 & 4 | Step Right back (3), Step Left beside right (&), Step Right forward (4) |

|  |  |
| --- | --- |
| 5 - 6 | Kick Left forward (5), Turn ¼ left- Kick Left forward (6) 6:00 |

|  |  |
| --- | --- |
| 7 & 8 | Step Left back (7), Step Right beside left (&), Step Left forward (8) |

**Step Forward, Slide, Shuffle Forward, Rock Forward-Recover, Body Roll Back**

|  |  |
| --- | --- |
| 1 - 2 | Step Right forward (2), Slide Left up to right (2) |

|  |  |
| --- | --- |
| 3 & 4 | Step Right forward (3), Step Left beside right (&), Step Right forward (4) |

|  |  |
| --- | --- |
| 5 - 6 | Rock Left forward (5), Recover onto Right (6) |

|  |  |
| --- | --- |
| 7 - 8 | Touch Left toe straight back (7), Roll body back - weight on Left (8) |

**Option for count 7- 8: You can replace with a coaster - Step L back (7), Step R beside left (&), Step L fwd. (8)**

**Kick Forward, ¼ Right- Kick Forward. Coaster, Kick Forward, ¼ Left- Kick Forward, Coaster**

|  |  |
| --- | --- |
| 1 - 2 | Kick Right forward (1), Turn ¼ right- Kick Right forward (2) 9:00 |

|  |  |
| --- | --- |
| 3 & 4 | Step Right back (3), Step Left beside right (&), Step Right forward (4) |

|  |  |
| --- | --- |
| 5 - 6 | Kick Left forward (5), Turn ¼ left- Kick Left forward (6) 6:00 |

|  |  |
| --- | --- |
| 7 & 8 | Step Left back (7), Step Right beside left (&), Step Left forward (8) |

**Step, Slide, Shuffle Forward, Rock Forward-Recover, Back Body Roll**

|  |  |
| --- | --- |
| 1 - 2 | Step Right forward (1), Slide Left up beside right (2) |

|  |  |
| --- | --- |
| 3 & 4 | Step Right forward (3), Step Left beside right (&), Step Right forward (4) |

|  |  |
| --- | --- |
| 5 - 6 | Rock Left forward (5), Recover onto Right (6) |

|  |  |
| --- | --- |
| 7 - 8 | Touch Left toe straight back (7), Roll body back- weight ends on Left (8) |

**Option for count 7- 8: You can replace with a coaster - Step L back (7), Step R beside left (&), Step L fwd. (8)**

**Part B (32cts) This happens 2 times. Both times facing the 6:00 wall.**

**Step, Hold, & Step & Step, Jazz Box With Cross**

|  |  |
| --- | --- |
| 1 - 2 | Step Right side right (1), Hold (2) |

|  |  |
| --- | --- |
| &3&4 | Step Left beside right (&), Step Right side right (3), Step Left beside right (&), Step Right side right (4) |

|  |  |
| --- | --- |
| 5 - 8 | Cross Left over right (5), Step Right back (6), Step Left side left (7), Cross Right over left (8) 6:00 |

**Step, Hold, & Step & Step, Jazz Box With Cross**

|  |  |
| --- | --- |
| 1 - 2 | Step Left side left (1), Hold (2) |

|  |  |
| --- | --- |
| &3&4 | Step Right beside left (&), Step Left side left (3), Step Right beside left (&), Step Left side left (4) |

|  |  |
| --- | --- |
| 5 - 8 | Cross Right over left (5), Step Left back (6), Step Right side right (7), Cross Left over right (8) |

**Step Right Forward, Hold, & Step, & Step, Rock Forward-Recover, Coaster Step**

|  |  |
| --- | --- |
| 1 - 2 | Step Forward Right (1), Hold (2) |

|  |  |
| --- | --- |
| &3&4 | Step Left beside right (&), Step Right forward (3), Step Left beside right (&), Step Right forward (4) |

|  |  |
| --- | --- |
| 5 - 6 | Rock forward Left (5), Recover Right (6) |

|  |  |
| --- | --- |
| 7 & 8 | Step Left back (7), Step Right beside left (&), Step Left forward (8) 6:00 |

**Step Forward Right, Pivot ½ Turn Left, Step Forward, Pivot ½ Left, Step Out-Out, In-In**

|  |  |
| --- | --- |
| 1 - 2 | Step forward Right (1), Pivot ½ turn left- weight on Left (2) 12:00 |

|  |  |
| --- | --- |
| 3 - 4 | Step forward Right (3), Pivot ½ left- weight on Left (4) 6:00 |

|  |  |
| --- | --- |
| 5 - 6 | Step Right Out side right (5), Step Left Out side left (6) |

|  |  |
| --- | --- |
| 7 - 8 | Step Right In to center (7), Step Left In to center (8) |

**Begin Again!!!!**

**Tag: This happens one time facing the 12:00 wall.**

**Weave Right, Side Rock-Recover, Crossing Shuffle**

|  |  |
| --- | --- |
| 1 - 4 | Step Right side right (1), Cross Left over right (2), Step Right side right (3), Step Left behind right (4) |

|  |  |
| --- | --- |
| 5 - 6 | Rock Right side right (5), Recover on Left (6) |

|  |  |
| --- | --- |
| 7 & 8 | Cross Right over left (7), Step Left side left (&), Cross Right over left (8) |

**Option for 7 & 8: Cross Right over left (7), Hold (8)**

**Weave Left, Side Rock-Recover, Crossing Shuffle**

|  |  |
| --- | --- |
| 1 - 4 | Step Left side left (1), Cross Right over left (2), Step Left side left (3), Step Right behind left (4) |

|  |  |
| --- | --- |
| 5 - 6 | Rock Left side left (5), Recover on Right (6) |

|  |  |
| --- | --- |
| 7 & 8 | Cross Left over right (7), Step Right side right (&), Cross Left over right (8) |

**Option for 7 & 8: Cross Right over left (7), Hold (8)**

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