Stand Up

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

#8 count intro - CW

#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

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