Count： 136 Wall： 1
Level：Phrased Easy Intermediate
Choreographer：Wendy Loh（MY）－March 2018
Music：Stand Up（什麼什麼）－Jolin Tsai（蔡依林）
Dance Start after 16 counts on vocalSequence：ABC，ABC，a（32counts）Tag，BCCC，ending
PART A（72 counts）
Section A1：R Toe Struck x2，Rocking Chair
1234 Touch $R$ toe forward，Step $R$ heel in place，Touch $L$ toe forward，Step $L$ heel in place
5678 Rock RF forward，recover on LF，Rock RF back，recover on LF
Section A2：R Toe Struck x2，Pivot 1／2Turn，Forward，Hold
1234 Touch R toe forward，Step $R$ heel in place，Touch $L$ toe forward，Step $L$ heel in place
5678 Step RF Forward，pivot 1／2L Turn，Step RF Forward，Hold
Section A3：L Toe Struck x2，Rocking Chair
1234 Touch $L$ toe forward，Step $L$ heel in place，Touch $R$ toe forward，Step $R$ heel in place5678 Rock LF forward，recover on RF，Rock LF back，recover on RF
Section A4：L Toe Struck x2，Pivot 1／2Turn，Forward，Hold
1234 Touch $L$ toe forward，Step $L$ heel in place，Touch $R$ toe forward，Step $R$ heel in place 5678 Step LF Forward，pivot 1／2R Turn，Step LF Forward，Hold
Section A5：Step，Together，Step，Touch x2
1234 Step RF to R，Step LF next to RF，Step RF to R，Touch LF next to RF
5678 Step LF to L，Step RF next to LF，Step LF to L，Touch RF next to LF
Section A6：R Hip Bump，L Hip Bump
1234 Step RF to $R$（weight on $R$ ）\＆$R$ hip bump 4 times
$5678 \quad$ Change weight to $L$ \＆L hip bump 4 times
Section A7：Side Toe Struck 4x
1234 Touch RF to R，Step R heel in place，Touch LF to L，Step L heel in place
5678 Touch RF to R，Step R heel in place，Touch LF to L，Step L heel in place（Hand：Lift both hands up and roll）
Section A8：Step Together，Hand Movement
1234 Step RF next to LF \＆Lift R hand up（1），Hold（2），Lift L hand up（3），Hold（4）
$5678 \quad$ Put R hand on stomach（5），Hold（6），Put L hand cross over R hand（7），Hold（8）
Section A9：Body Roll，Knee Pop
1234 Turn body anti－clockwise circle from Left，Back，Right，Front56
78 Step $R$ heel in place with $L$ knee pop，Step $L$ heel in place with $R$ knee pop
PART B（32 counts）
Chorus（Stand UP）
Section B1：Hand／Body Straight Up，Body Bend Forward，Step Touch
12 Step RF in place with L knee pop，Body Straight with both hands up，Hold
34 Bend Body forward diagonally Right（put $R$ hand beside mouth，$L$ hand on waist），Hold5678 Step LF to L，Touch RF next to LF，Step RF to R，Touch LF next to RF（Hand：Turn both wrists up down in front of face like crying）

## Section B2: R Hip Bump, L Hip Bump

$1234 \quad$ R hip bump 4 times (weight on $R$ )
$5678 \quad$ Change weight to $L$ \& L hip bump 4 times

## Section B3: Hand/Body Straight Up, Body Bend Forward, Step Touch

12 Step RF in place with L knee pop, Body Straight with both hands up, Hold
34 Bend Body forward diagonally Right (put $R$ hand beside mouth, $L$ hand on waist), Hold
5678 Step LF to L, Touch RF next to LF, Step RF to R, Touch LF next to RF
(Hand: Open hands on both sides like 'what's')
Section B4: R Hip Bump, L Hip Bump
$1234 \quad \mathrm{R}$ hip bump 4 times (weight on R )
$5678 \quad$ Change weight to L \& L hip bump 4 times

PART C (32 counts)
Section C1: 1/4L Turn With Hip Bump
123 \& 4 1/4L turn step RF to $R$ with hip bump R,L,R,L,R (9:00)
567 \& $8 \quad 1 / 4 \mathrm{~L}$ turn step $L F$ to $L$ with hip bump L,R,L,R,L (6:00)
Section C2: 1/4L Turn with Hip Bump
123 \& 4 1/4L turn step RF to $R$ with hip bump R,L,R,L,R (3:00)
567 \& 8 1/4L turn step LF to $L$ with hip bump L,R,L,R,L (12:00)
Section C3: \& Point \& Point \& Hip Drop x2
\&1 \&2 Quickly step RF in middle (\&), Point LF to L(1), Step LF in middle(\&), Point RF to R(2)
\&3 $4 \quad$ Step RF in middle (\&), Point LF to L with Hip drop twice (3)(4)
\&5 \& 6 Step LF in middle (\&), Point RF to R(5), Step RF in middle(\&), Point LF to L(6)
\& $78 \quad$ Step LF in middle (\&), Point RF to R with Hip drop twice (7)(8)

Section C4: Forward Touch, Back Touch - 2x, Pivot 1/2Turn x2
1234 Touch RF Forward, Touch RF Back, Touch RF Forward, Touch RF Back
5678 Step RF Forward, Pivot 1/2L Turn, Step RF Forward, Pivot 1/2L Turn

TAG (4 counts) - Knee Pop
12 Step RF in place with $L$ knee pop, Step $L$ heel in place with $R$ knee pop
34 Step $R$ heel in place with $L$ knee pop, Step $L$ heel in place with $R$ knee pop
Ending - Stand Up Pose
~~ Enjoy! ~~
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