## Stand Up

Count: 112
Wall: 2
Level: Phrased Intermediate
Choreographer: Sandra Robinson \& Billie Jean Darling - February 2020
Music: Stand Up - Cynthia Erivo

Phrase Sequence: A - B - C - A - B - TAG - C - C - B - B - B - A (through Section 5)
Intro: 16 counts or after 4th mm hmm
PART A: 64 COUNT
S1 Walk and twinkles

| $1-4$ | 4 count walk forward |
| :--- | :--- |
| $5-8$ | Twinkle left, Twinkle Right |

## S2 Rocking Chair and 4 count half turn pivot

| 1-4 | R rock forward (1), L step in place (2) $R$ rock back (3) L step in place (4) |
| :--- | :--- |
| $5-8$ | 4 count $1 / 2$ turn pivot left to 6 o'clock |

S4 Rock recover, $1 / 4$ Monterey turn, Right and Left points
1-4 4 count quick Rock Recover (R L R L R L R count as 1 \& 2 \& 3 \& 4)
5-8 $\quad 1 / 4$ R Monterey turn (5\&6), Right point to $R$, left point to $L$ (7\&8)
S5 Rocking Chair and $1 / 4$ turn Jazz box
1-4 4 rock forward (1), L step in place (2) R rock back (3) L step in place (4)
5-8 Cross $R$ over left (5), L step back (6) $R 1 / 4$ turn right (7), $L$ step beside right (8)

S6 Twinkles, $1 / 2$ turn pivot and step, step

| $1-4$ | Twinkle $L$, Twinkle $R(1 \& 2,3 \& 4)$ |
| :--- | :--- |
| $5-8$ | $1 / 2$ turn pivot to left to 6 o'clock, step R, step L |

S7 Rock recover, $1 / 4$ Monterey, Right and Left points
1-4 4 count Rock Recover (RLRLRLR count as 1 \& 2 \& 3 \& 4)
5-8 $\quad 1 / 4 R$ Monterey turn (5\&6), Right point to $R$, left point to $L$ ( $7 \& 8$ )
S8 Rocking Chair and $1 / 4$ turn Jazz box
1-4
$R$ rock forward (1), $L$ step in place
(2) $R$ rock back (3) $L$ step in place (4)
5-8
Cross $R$ over left (5), $L$ step back (6) $R 1 / 4$ turn right (7), $L$ step beside right (8)

PART B: 32 COUNT
S1 Rock Recover shuffle
1-4 Forward R Rock Recover, L shuffle back (1, 2, 3 \& 4)

5-8 Back L Rock Recover, R shuffle forward (5, 6, 7 \& 8)
S2 $1 / 4$ Turn Cross Shuffle, Side Cross
$\begin{array}{ll}1-4 & 1 / 4 \text { R turn, L Cross Shuffle (1, 2, } 3 \& 4) \\ 5-8 & \text { L Side Rock, Behind Side Cross (5, 6, } 7 \& 8)\end{array}$
S3 Side Rock with Triple Step
1-4 $\quad R$ Rock triple step (1, 2, 3 \& 4)
5-8 L Rock triple step (5, 6, 7 \& 8)

## S4 $1 / 4$ Turn, Lock Step, Forward Shuffle

1-4 $\quad 1 / 4$ Turn R Lock Step forward shuffle (1, 2, 3 \& 4)
5-8 L Lock Step forward shuffle (5, 6, 7 \& 8)
PART C: 16 COUNT
S1 Vines
1-4 Vine R
5-8 Vine L
S2 Step Point
1-4
Step point forward R/L, L/R
5-8 Step point Back L/R, R/L

## PART A: 64 COUNT

PART B: 32 COUNT
*4 COUNT TAG
S1 V Step
1-4 $\quad R$ step forward out to $R, L$ step forward out to $L, R$ step back inward to $L$, $L$ step back inward to $R$

PART C: 16 COUNT
PART C: 16 COUNT
PART B: 32 COUNT
PART B: 32 COUNT
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PART A: 40 COUNT (through Sections 5 only)
Last Update - 7 Oct. 2021

