

Stand

Count: 32

Wall: 4

Level: Improver

Choreographer: Nicole Woodley (NZ) - June 2025

Music: Stand - Rascal Flatts & Brandon Lake : (Album: Life is a Highway: Refueled Duets)



Intro: 24 seconds in – approx. 16 counts after heavy beat begins, start on word “like”

[1-8]: Walk R, L, R Kick-Ball-Change, Rock Recover, R Back Shuffle

1 2 Walk fwd R, Walk fwd L
3&4 R Kick-Ball-Change
5 6 Rock fwd R, Recover back onto L
7&8 R shuffle back

[9-12]: L Back Full Turn (Or Walk Back L, R), L Coaster

1 ½ turn L over L shoulder to 6:00 with L fwd
2 ½ turn L over L shoulder to 12:00 stepping R back (or Walk back L, R)
3&4 L Back Coaster

[13-16]: Side Rock Recover & Side Rock Recover & *

5 6& R Side Rock, Recover onto L, Step R beside L and change weight to R
7 8& L Side Rock, Recover onto R, Step L beside R and change weight to L

[17-24]: R Side Rock Recover, R Cross Shuffle, R ½ Turn Hinge, L Cross Shuffle

1 2 R Side Rock, Recover weight onto L
3&4 R Cross Shuffle over L
5 6 ¼ Turn R to 3:00 stepping L back, ¼ turn to 6:00 stepping R to R side
7&8 L Cross Shuffle over R

[25-32]: R Side Rock Recover Behind & Cross, L Side Rock Recover Behind ¼ Step

1 2 R Side Rock, Recover weight onto L
3&4 Step R behind L, Step L to L side, Cross R over L
5 6 L Side Rock, Recover weight onto R
7&8 Step L behind R, R ¼ turn to 9:00 with R fwd, Step L fwd

Start dance again facing 9:00

*Restart: Wall 3 after 16 counts, facing 6:00

Tag 1: At end of Wall 6 facing 9:00 add on

1-4 R Rocking Chair,
5 6 Walk R L

Tag 2: At end of Wall 8 facing 3:00 pause for 4 quick counts and begin final wall of dance (wall 9) on word “push”.

Ending: You will be facing 12:00 at the end of Wall 9, step forward on R to finish dance.