

Stand

COPPERKNOB
STEPSHETS

拍数: 72 墙数: 2 级数: Advanced
编舞者: Barry Amato (USA)
音乐: Stand - Susan Ashton



1-2-3 Cross &
step R over L
(1). Sweep L
from behind R
(2). Complete
sweep with
weight still on R
(3).

Cross step,
sweep, cross
step

1-2-3 Cross &
step L over R
(1). Sweep R
from behind L
(2). Cross &step
R over L (3).

Extend foot, hitch, 1/4 turn

1-2-3 Extend L
foot low to the
ground on a
diagonal to the
L (point toes -
1). Hitch L foot
to R leg
(with L knee
facing
diagonally to the
L - 2). Pivot on
ball of R a 1/4
turn R (3).

Chasse right

1-2-3 Step
forward on L
(1). Slide R
behind L (2).
Step forward on
L (3).

*There is a
slight hesitation
on your travel
between counts
1&2, which the
music will
dictate.

Extend foot, hitch, pivot

1-2-3 Open a
1/4 turn to front
position and
extend R foot
low to the
ground on a
diagonal to the
R
(point toes - 1).
Hitch R foot to L
leg (with R knee
on a diagonal to
the R - 2). Pivot
on ball of L a
1/4 turn L (3).
Chasse
1-2-3 Step
forward on R
(1). Slide L
behind R (2).
Step forward on
R (3).
*Again, listen for
the hesitation
between counts
1 & 2.

Sweep, hold

1-2-3 Sweep L
in front of R and
1/4 turn (to front
position) R-
*Use all three
(3) counts to do
this.
Cross step, step
back 1/4, 1/2
turn
1-2-3 Cross L
over R (1). Step
back 1/4 L on R
foot (2). Do a
1/2 turn L
pivoting on ball
of R and
stepping
forward on L
(3).

**Press forward,
hold**

1-2-3 Press
forward on ball
of R foot (1).
Hold (2-3).
Coaster step

1-2-3 Step back on R foot (1). Step together with L (2). Step forward on R (3).

Press forward, hold

1-2-3 Press forward on ball of L foot (1). Hold (2-3). Coaster step
1-2-3 Step back on L foot (1). Step together with R (2). Step forward on L (3).

Step forward, ½ turn, step

1-2-3 Step forward on R foot (1). Do a ½ turn L on ball of R foot (2). Step down on L foot (3).

Turning coaster step (1/2 turn)

1-2-3 Step forward ½ | on R foot (1). Step together with L foot (2). Step forward on R foot (3)

1/4 turn, hold, step

1-2-3 Step forward on L foot as you pivot a ¼ turn R (1). Hold (2). Step down on R foot in place (3).

½ turn, Step, cross step

1-2-3 On ball of R foot, pivot ½ turn R and step out on L foot (1). Step on R foot in place (2). Cross L over R (3)

**Step/Sway R,
hold**

1-2-3 Step to
the R as you
sway into the R
side (1). Hold
(2-3).

Step, cross,
unwind

1-2-3 Step to
the L on L foot
(1). Cross R
over L and
weight R foot
(2). Unwind a
full turn L on R
foot
(3).

**Step out, hold,
step together**

1-2-3 Step L on
L (1). Hold (2).
Step R together
with L (3).

Step/sway L,
hold

1-2-3 Step to
the L as you
sway into the L
side (1). Hold
(2-3).

**Step/sway R,
hold**

1-2-3 Step to
the R as you
sway into the R
side (1). Hold
(2-3).

Cross step, step
side, 1/4 turn

1-2-3 Cross L
over R (1). Step
to the R on R
(2). Open 1/4
turn L and step
down on L (3).

**1/4 turn-
step/sway R,
hold**

1-2-3 Open 1/4
turn L pivoting
on ball of L
(back should be
to the original
wall of dance)
and step R as

you sway into
the R side(1).
Hold (2-3).
Step behind,
ball change
1-2-3 Step L
foot behind R
(1). Step to the
R on the ball of
the R foot (2).
Change weight
to L foot in
place (3).
