Stand By You



拍數: 60 牆數: 2 級數: Advanced

編舞者: Maggie Gallagher (UK) - February 2016 音樂: Stand By You - Rachel Platten: (amazon)



Intro: ☐16 counts (10 secs)

S1: WALK, STEP, ½ , ¼ POINT, ROCK BACK DRAG, BEHIND SIDE WALK		
1-2	Walk forward on right, Step forward on left	
&3	½ pivot right, ¼ right pointing left toe to left side [9:00]	
4&5	Cross rock back on left, Recover on right, Take a long step to left side dragging right to meet left	
6&7	Cross right behind left, Step left to left side, Turn 1/8 left walking forward on right [7:30]	
S2: STEP, ½, STEP, WALK, TRIPLE FULL TURN, CROSS DRAG, ROCK BACK, DRAG ROCK BACK		
8&1	Step forward on left, ½ pivot right, Walk forward on left [1:30]	
2-3&4	Walk forward on right, Triple full turn right stepping left right left	
&5	Step right slightly across left, Step left to left side straightening to [12:00] dragging right to meet left	
6&7	Rock back on right, Recover on left, Take a long step to right side dragging left to meet right	
8&	Rock back on left, Recover on right	
S3: 1/4 L, STEP, 1/2, SIDE ROCK CROSS, SIDE ROCK CROSS & BEHIND SIDE CROSS		
1-2&	1/4 left stepping forward on left, Step forward on right, 1/2 pivot left [3:00]	
3&4	Rock right to right side, Recover on left, Cross right over left	
5&6	Rock left to left side, Recover on right, Cross left over right	
&7&8	Step right to right side, Cross left behind right, Step right to right side, Cross left over right facing diagonal [4.30]	
S4: WALK, ½ RISE, RUN LRL, ROCK, ROCK, TOGETHER, ROCK, ROCK, TOGETHER		
1-2	Walk forward on right, ½ left keeping weight back on right & raising left leg up into a kick forward [10:30]	
3&4	Run forward left, right, left	
5-6&	Rock and press forward on right, Recover on left, Step right next to left	
7-8&	Rock and press forward on left, Recover on right, Step left next to right	
S5: 1/6 CROSS SIDE BEHIND SWEEP, BEHIND SIDE CROSS, PRESS, HITCH, CROSS SHUFFLE		
1&2	1/8 left crossing right over left, Step left to left side, Cross right behind left [9:00]	
&3&4	Ronde sweep left from front to back, Cross left behind right, Step right to right side, Cross left over right	
5-6	Press forward on right to slight diagonal, Recover on left hitching right	
7&8	Cross right over left, Step to left side, Cross right over left	
S6: & ¼ L, ¼ L, ¼ CROSS SHUFFLE, ½ L, ½ L, ¼ L SHUFFLE (Note: This section is a full turn and a ¼)		
&1-2	Step left to left side, ¼ left slightly crossing right over left, ¼ left stepping on left [3:00]	
3&4	1/8 slightly crossing right over left, Step left next to right, 1/8 slightly crossing right over left	

S7: WALK, SWEEP, SWEEP, L SAILOR, R SAILOR, ROLL, ROLL &

[12:00]

2 & 4

5-6

7&8

1-2-3 Walk forward on right, Ronde sweep left from back to front, Ronde sweep left toe from front to back (weight on right)

1/4 left stepping forward on left, Step right next to left, Step forward on left [6:00] *Restart Wall

1/8 left stepping on left, 1/8 left slightly crossing right over left [9:00]

4&5	Cross left behind right, Step right to right side, Step left to left side
&6&	Cross right behind left, Step left to left side, Step right to right side
7-8&	Roll hips to left, Roll hips to right, Step left next to right ** Restart Wall 5

S8: FWD ROCK, BACK, BACK, TOUCH

1-2 Rock forward on right, Recover on left

&3-4 Step back on right, Step back on left, Touch right next to left

RESTARTS:-

* Wall 2 & 4 after 48 counts [12:00] ** Wall 5 after 56& counts [6:00]

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