

Stand Up For Singapore

COPPER KNOB
STEPSHEETS

拍數: 80 牆數: 3 級數: Intermediate
編舞者: Winston Yew (SG)
音樂: Stand Up For Singapore - Ministry Of Information, Communications & The Arts



Sequence: 80, 80, 1-2, 35-80, 65-80, 65-80

This dance is specially choreographed in celebration for the Singapore National Day on 09th August 2002
Starting position: centered-weight, left leg straighten and pressing right ball of foot to right side (3:00) with toes pointing out to right. Body in a side lunge position, but facing front. Head looking right and slightly down. Left hand on left hip, right hand on right thigh

RECOVER TO STANDING POSITION, HEAD WHIP, STOMP, SALUTE, FORWARD ROCK, RECOVER, BACK ROCK, CROSS-TOUCH

- 1-2 Recover body position from side lunge to normal standing position (centered-weight) with both legs straighten, whip/roll head from facing right to look up diagonally into the sky ahead and facing the front (12:00)
- 3 Stomp right hard beside left and straighten both arms (with fists clenched) by the sides (like in military - "attention")
- 4 Salute with your right hand (like in military, a soldier saluting to his superior)
- Keeping left hand in place straight by the side, clench right fist and position in front of your heart (symbolizing: heart-to-heart & loyalty) for counts 5-8**
- 5-7 Rock forward on right, recover weight onto left, rock back on right
- 8 Cross-touch left toes over right

FORWARD LOCK-STEPS, ¼ LEFT RONDE TURN, FORWARD LOCK-STEPS, HOLD

- 9-11 Step left forward, lock-step right behind left, step left forward
- 12 On ball of left turn ¼ left sweeping right toes around and touching it beside left
- 13-16 Step right forward, lock-step left behind right, step right forward, hold

PIVOT ½ RIGHT TURN, FORWARD COASTER, HOLD, TOUCH-BACK, ½ RIGHT TURN

- 17-18 Step left forward, pivot ½ turn right (weight ends on right)
- 19-22 Step left forward, step right beside left, step left back, hold
- 23-24 Touch right toes back, make ½ turn right on ball of left and transfer weight onto right

UN-SYNCOPATED SAILOR SHUFFLE (¼ LEFT TURN), UN-SYNCOPATED SAILOR SHUFFLE, HOLD, UNWIND ½ LEFT TURN, HIP BUMPS

- 25-34 Step left to left, hold, step right behind left, making ¼ turn left step left to left, step right to right, hold, step left behind right, step right to right, step left to left, hold
- 35-36 Cross-step right over left, unwind ½ left turn (weight ends on left)
- 37-40 Bump hips right, left, right, left, right, left in the rhythm of 37&38&39-40

UN-SYNCOPATED KICK-BALL-CHANGE, HOLD & CLAP, RIGHT ROLLING VINE

- 41-44 Kick right forward, step right beside left, step left in place, hold and clap hands
- 45-48 Step right to right making ¼ right turn, make another ¼ right on ball of right and step left to left, make further ½ right turn on ball of left and step right to right, touch left toes beside right

For better styling, snap fingers 4 times during rolling vine on counts 45-48. With both hands, snap fingers above head, then at waist level, above head again and last at waist level!

UN-SYNCOPATED KICK-BALL-CHANGE, HOLD & CLAP, LEFT ROLLING VINE

- 49-52 Kick left forward, step left beside right, step right in place, hold and clap hands
- 53-56 Step left to left making ¼ left turn, make another ¼ left on ball of left and step right to right, make further ½ left turn on ball of right and step left to left, touch right toes beside left

For better styling, snap fingers 4 times during rolling vine on counts 53-56. With both hands, snap fingers above head, then at waist level, above head again and last at waist level!

MONTEREY ¼ RIGHT TURN, CROSS-STEP, SIDE-TOUCH, 3-COUNTS SIDE-LUNGE

- 57-58 Touch right toes to right, make ¼ turn right on ball of left stepping right beside left
- 59-61 Touch left toes left, cross-step left over right, touch right beside left
- 62-64 Start to lunge to right by pressing on ball of right thrice with each time traveling slightly further to right side. Meanwhile, whip/roll head gradually on each count to look right (9:00) and slightly down. Remember to place left hand on left hip and right hand on right thigh!
- 65-76 Repeat counts 1-12
- 77-80 Hold count 77, repeat counts 62-64

REPEAT

RESTARTS/FINISH

Dance full 80 counts twice, then recover body to normal position over 2 counts (i.e. Counts 1-2) and continue dance from counts 35-80

The last sixteen counts of the dance are always dance to the chorus "stand up, stand up for Singapore". At the end of the restart above, you will be facing back wall (9:00). Repeat last sixteen counts (i.e. Counts 65-80) twice.

On the last repetition of the chorus, you should be facing the front wall (12:00) after the first 12 counts (i.e. Counts 65-76). Modify the last 4 counts to finish dance. Do not commence the side lunge. Instead stomp forward right, left. Then stomp right hard beside left and salute with right hand as exactly in counts 3-4 and keep the pose till music ends!
