

Stand With U

拍數: 32 牆數: 2 級數: Beginner
編舞者: Angela Rushing (USA) - September 2007
音樂: Truly Madly Deeply - Cascada : (CD: Cascada - Every time We Touch)



Dance starts: 18 count intro (start on the words "I'll be") Be in the beat of music (slow dance)

R-LOCK, L-LOCK, JAZZBOX

- 1-2 Step forward right, lock left behind right, step forward right
- 3-4 Step forward left, lock right behind left, step forward left
- 5-6 Cross right over left, step back on left
- 7-8 Step right, step left

POINT & POINT, SHUFFLE, CROSS, ¼ TURN

- 1-2 Point Right toe to right side
- & Place Right foot next to left foot
- 3-4 Repeat 1&2
- 5-6 Right Shuffle- right, left, right
- 7-8 Cross left foot over right making ¼ turn to left

HEEL STRUTTS, SWAY 4X

- 1-2 Step right heel forward, drop toe down
- 3-4 Step left heel forward, drop toe down
- 5-6 Step right to right swaying hips right, sway hips to left
- 7-8 Repeat 5&6

R-SAILOR STEP, L-SAILOR STEP, ¼ TURN, SWEEP

- 1-2 Step right foot back behind left foot, step left foot to left side, step right foot next to left
- 3-4 Step left foot back behind right foot, step right foot to right side, making ¼ turn to the left
- 5-6 Point Right toe out and around from front to back
- 7-8 Point Left toe out and around from front to back

Start again
