

# Stand Up

Choreographer: Yvonne Anderson. Scotland.

**Description:** 32 count, 2 wall, Intermediate, phrased line dance

**Music:** Stand Up (and be strong), by Keb Mo, Album: The Door, BPM 116

**Notes:** Start on Vocal, for details of restart and ending see bottom of sheet.

## **1-8 REVERSE STEP-LOCK-STEP, 1/2 TURN R SHUFFLE, 1/2 R TURN REVERSE STEP-LOCK-STEP, RIGHT COASTER**

1&2 Step L back, & Lock R across L, Step L back

3&4 Make 1/2 turn R and shuffle forward R, L, R (6 o'clock)

5&6 Make 1/2 turn R and step L back, & Lock R across L, Step L back (12 o'clock)

7&8 Step R back, & Step L beside R, Step R forward

## **9-16 SCUFF-SCOOT-STEP, HEEL TWISTS WITH 1/4 TURN R, SAILOR STEP, 1/2 TURN MAMBO**

1&2 Scuff L forward, & Hitch L knee and scoot forward on R, Step L slightly forward

3&4 Making 1/4 turn R twist heels L, R, L (3 o'clock)

5&6 Step R behind L, & Step L to L, Step R to R

7&8 Step L forward, & Pivot 1/2 turn R (weight on R), Step L beside R (9 o'clock)

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## **17-24 SIDE ROCK RECOVER, FULL TURN, R SAILOR, LEFT KICK AND TOUCH**

1-2 Rock R to R, Recover weight on L

3 Make 1/2 turn R and step R to R (3 o'clock)

4 On ball of R make 1/2 turn R and step L to side (9 o'clock)

5&6 Step R behind L, & Step L to L, Step R to R

7&8 Kick L forward to R diagonal, & Step L across R, Touch R toes back to L diagonal

## **25-32 UNWIND, SNAP, HIP BUMPS (or body roll), AND 1/4 CROSS UNWIND , KICK-BALL-POINT**

1-2 Keeping R toes in place make 1/2 turn R on ball of L, Hold and snap fingers (3 o'clock)

3&4 Touch R toes to R and bump hips L,R,L

&5 & Step R back making 1/4 L, Step L across R (12 o'clock)

6 Unwind 1/2 turn R (6 o'clock)

7&8 Kick R forward, & Step R beside L, Point L toes to L

## **RESTART (once only) \*\*\*\*\***

Following 3rd repetition - facing back wall. Dance first 15 counts as usual – then touch L beside R and **Restart the dance from 9 o'clock wall**. The music will end on 6th repetition.

## **THE FINISH**

To finish facing the home wall substitute last 2 counts with a 1¼ unwind , Step R forward and point L to L

## **REPEAT**