

you tube

Stand On It

Choreographer: Susanne Mose Nielsen DK (Aug. 2007)

Description: 64 count, 4 wall, improver

Music: Stand On It by Mel McDaniel album: Hit List. BPM 120

1. Section:

VINE RIGHT, 1/4 TURN RIGHT VINE LEFT, CROSS STEP, POINT LEFT

- 1 - 3 Step right to right side, step left behind across right, step right to right
 4 - 6 Turn 1/4 right and step left to left, step right behind across left, step left to left
 7 - 8 Cross right over left, point left to left side

2. Section:

STEP BACK, SWEEP X 4

- 9 - 12 Step back on left, sweep right backwards, step back on right, sweep left backwards
 13 - 16 Step back on left, sweep right backwards, step back on right, sweep left backwards

3. Section:

SLOW BACK COASTER STEP LEFT, HOLD, PIVOT 1/2 TURN LEFT, STEP FORWARD, HOLD

- 17 - 20 Step back on left, step right next to left, step forward on left, hold
 21 - 24 Step forward on right, pivot 1/2 turn left, step forward on right, hold

4. Section:

FULL TURN RIGHT, HOLD, TOE STRUT RIGHT, LEFT

- 25 - 28 Full turn right forward stepping left, right, left, hold
 29 - 32 Step forward on right toe, drop right heel, step forward on left toe, drop left heel

5. Section:

VINE RIGHT, SWIVET RIGHT, LEFT

- 33 - 36 Step right to right, step left behind across right, step right to right, touch left
 37 - 38 Swivet toes to right (weight on left toe and right heel), swivet to center
 39 - 40 Swivet toes to left (weight on left heel, and right toe), swivet to center

6. Section: VINE LEFT, SWIVET RIGHT, LEFT

- 41 - 44 Step left to left, step right behind across left, step left to left, step right next to left
 45 - 46 Swivet toes to right (weight on left toe and right heel), swivet to center
 47 - 48 Swivet toes to left (weight on left heel, and right toe), swivet to center

7. Section:

PADDEL 1/8 X 4

- 49 - 56 Step forward on right, move left foot on the spot 1/8 left x4 (1/2 turn)

8. Section:

ROCKING CHAIR, TOE STRUT RIGHT, LEFT

- 57 - 60 Step forward on right, recover on left, step back on right, recover on left
 61 - 64 Step forward on right toe, drop right heel, step forward on left toe, drop left heel

TAG:

After 4 walls – (facing 12 o'clock) dance
 Section 4 & 5 (Vine right, swivet right, left - vine left, swivet right, left)

Ending:

During 7. Wall – dance Section: 1. - 2. - 3. Then turn right 3/4 - Arms up.

HAVE FUN !