

'Just Stand Up'

Choreographer Dee Musk (UK) September 2008

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32 Count 4 Wall Intermediate Dance – Two Restart. Two Small Tags.

Music:- 'Just Stand Up' – By Artists Stand Up To Cancer. – CD Single. Downloadable from Itunes as of 2nd September 2008.

16 Count Intro. (Approx 10 secs) start just before main vocals. Approx 96 BPM.

SECTION 1

SIDE, CROSS, BACK SIDE CROSS, SWAY SWAY, SAILOR STEP.

- 1,2 Step L to L side, cross step R over L.
3&4 Step back on L, step R to R side, cross L over R.
5,6 Step and sway R to R side, sway L to L side.
7&8 Cross step R behind L, step L to L side, step R forward. **(12 o'clock).**

SECTION 2

STEP TOUCH, LOCK STEP BACK, LOCK STEP BACK, ¼ TURN R TOUCH.

- 1,2 Step forward on L, touch R toe behind L.
3&4 Step back on R, cross lock L over R, step back on R.
5&6 Step back on L, cross lock R over L, step back on L.
7,8 Making a ¼ turn R step R to R side, touch L beside R. ***Restarts. (3 o'clock).**

SECTION 3

¼ TURN L, ½ TURN L, SAILOR TOUCH AND CROSS, UNWIND ½ TURN L, ½ TURN L, COASTER STEP.

- 1,2 Make a ¼ turn L stepping forward on L, make a ½ turn L stepping back on R.
3&4& Cross step L behind R, step R in place, touch L toe in front of R, close L beside R.
5,6 Cross step R over L, unwind ½ turn L (weight on L).
7 Make a further ½ turn L stepping back on R.
8&1 Step back on L, close R beside L, step forward on L. **(6 o'clock).**

SECTION 4

WALK R, WALK L, MAMBO ½ TURN R, ½ TURN R, ¼ TURN R, SIDE CLOSE.

- 2,3 Walk forward R, walk forward L.
4&5 Rock forward on R, recover weight to L, make a ½ turn R stepping forward on R.
6,7 Make a ½ turn R stepping back on L, make a ¼ turn R stepping side on R.
8& Step L to L side, close R beside L. **(9 o'clock).**

*** RESTARTS – During walls 2 and 5 – Dance up to and including count 16 then begin again. Restart during wall 2 you will be facing 12 o'clock to begin again. Restart during wall 5 you will be facing 9 o'clock wall to begin again.**

**** TAG – At the end of wall 6 facing 6 o'clock. Tag at the end of wall 7 facing 3 o'clock, add the following steps:**

- 1-4 Step L to L side, touch R beside L. Step R to R side, touch L beside R.**

Optional Ending – Dance up to and including count 6 of Section 4 then add a further ½ turn and a ¼ to finish facing front wall.

It looks messy and hard – but isn't - try it and see for yourself ☺

Think of those who need our thoughts - Relax and Lose yourself - Enjoy ☺
Luv Dee xx