

Stand Up

Choreographers: Heather Frye & Derek "Big Daddy" Steele

Description: 32-count, 4-wall, intermediate line dance

Music: Stand Up by Stella Soleil [Dirty Little Secret]

Intro: Start dancing on lyrics

HOP FORWARD & BACK, ¼ LEFT HOP, HOP TO RIGHT SIDE (FEET TOGETHER) STEP, SCUFF, CROSS, BACK, FORWARD

1-2 Hop forward, hop back

3&4 Hop forward with a ¼ turn left, hop to the right, hop to the right (feet together)

5-6 Step right forward, brush left forward

7&8 Cross left over, step right back, step left forward

PIVOT ½ LEFT, PIVOT ¾ LEFT, KICK B STEP - TOUCH, BODY ROLL

1-2 Step right forward, turn ½ left (weight to left)

3-4 Step right forward, turn ¾ left (weight to left)

5&6 Kick right forward, step home on right, touch left back

7-8 Body roll with a ¼ turn left, (feet should end up shoulder width apart and weight will be even)

TRAVELING PIGEON TOES TO THE RIGHT, THEN TO THE LEFT

1-2 Swivel toes out, toes in

3&4 Toes out, toes in, toes out, (traveling right)

5-6 Repeat pigeon toes in, toes out

7&8 Toes in, toes out, toes out (traveling left)

FULL PADDLE TURN TO THE LEFT, KICK - STEP - STEP, SIT, "STAND UP"

&1 Hitch right, turn ¼ left and touch right out to right side

2-4 Repeat three more times

5&6 Kick right forward, step home on right, step on left (shoulder width apart)

7-8 Bend knees to sit, stand up

REPEAT