

Stand On It

4 wall, 64 counts, Improver

Choreographer: Susanne Mose Nielsen DK (Aug. 2007)

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

1. Section: Vine r, 1/4 turn r vine l, cross step, point l

- 1-3 Step right to right side, step left behind across right, step right to right
4-6 Turn ¼ 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 l, hold, pivot ½ turn l, 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 ½ turn left, step forward on right, hold

4. Section: Full turn right, hold, toe strut r, l

- 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 r, swivet r, l

- 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 l, swivet r, l

- 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: Paddle 1/8 l x 4

- 49-56 Step forward on right, move left foot on the spot 1/8 left x4 (½ turn)

8. Section: Rocking chair, toe strut r, l

- 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 5 & 6(Vine right, swivet r, l – vine left, swivet r, l)

Ending: *During 7. Wall – dance Section: 1. - 2. - 3. Then turn right ¾ - Arms up. HAVE FUN !*