

# Stand Up

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**Count:** 64      **Wall:** 2      **Level:** Intermediate

**Choreographer:** Lu Olsen - 05/2015

**Music:** Stand Up / One Direction (iTunes - BPM 128 - 2:58)

## #32 count intro - Ver 1.00

**[1 - 8] Fwd, Touch tog, Side, In place, Fwd, Fwd, ½ pivot, ¼ R turning L lock shuffle fwd**

**1, 2 & 3, 4** Step R fwd, Touch L beside R, Rock L out to Left, Step R in place, Step L fwd 12.00'

**5, 6** Step R fwd, ½ Left pivot turn, 6.00

**7 & 8(¼ R turning lock shuffle) 1/8th Right turn & R fwd, Lock L behind R, 1/8th R turn & R fwd 9.00**

## [9 - 16] Cross, Side, ¼ L turn/back, Fwd, ½ Back, ¼ Fwd, L Cross Samba

**1, 2, 3, 4** Cross L over R, Step R to Right, ¼ left turn & Rock/step L back, Rock R fwd 6.00

**5, 6, ½ Right turn & step L back, ¼ Right turn & step R fwd,**

**7 & 8(L Cross Samba) Cross L over R, Step R to Right, Step L to Left,**

## [17 - 24] Cross, Hold, Side, Cross, ½ unwind/fwd, Fwd, In place, R Sailor Cross

**1, 2 & 3, 4** Cross R over L, Hold, Step L to Left, Cross R over L, ½ Left unwind & step L fwd 9.00

**5, 6, 7 & 8** Step R fwd, Step L in place, Step R behind L, Step L to Left, Cross R over L

## [25 - 32] Side, ¼ L in place, L Cross Samba, Cross fwd, Cross Fwd, Side, Fwd, Fwd

**1, 2** Step L to Left, ¼ Right turn & step R in place, 12.00

**3 & 4(L Cross Samba) Cross L over R, Step R to Right, Step L to Left**

**5, 6,** Sassy fwd: Moving fwd Cross R over L, Cross L over R

**& 7, 8** Step/rock R to Right, Step L fwd, Step R fwd,

## [33 - 40] Fwd, ¼ Pivot, L Cross Shuffle, ¼ L turn back, ½ L fwd, Fwd, ¼ pivot

**1, 2** Step L fwd, ¼ Right pivot turn (wght R), 3.00

**3 & 4(L Cross shuffle) Cross L over R, Step R to Right, Cross L over R**

**5, 6¼ left turn & step R back, ½ Left turn & step L fwd 6.00**

**7, 8** Step R fwd, ¼ Left pivot turn (wght L) (hands up with lyrics) 3.00

**[41 - 48] R Cross samba, L Cross Samba, Cross, Replace, ¼ R fwd, ½ R back**

**1 & 2(R Cross Samba moving fwd) Cross R over L, Step L to Left, Step R to Right**

**3 & 4(L Cross samba moving fwd) Cross L over R, Step R to Right, Step L to Left**

**5, 6** Cross R over L, Replace weight onto L,

**7, 8¼ Right turtn & step R fwd, ½ Right turn & step L back 12.00**

**[49 - 56] Back, L Touch toe infront, ½ L turning L Lock shuffle, (Repeat 4 counts)**

**1, 2,** Step R back, Touch L toe infront of R

**3 & 4 1/8th Left turn & step L fwd, Lock R behind L, 1/8th left turn & step L fwd 9.00**

**5, 6,** Step R back, Touch L toe infront of R

**7 & 8 1/8th Left turn & step L fwd, Lock R behind L, 1/8th left turn & step L fwd 6.00**

**[57 - 64] Fwd, ½ L pivot, ½ L turning shuffle, Sweep back, Sweep back, L Coaster**

**1, 2** Step R fwd, ½ Left pivot turn, 12.00

**3 & 4 ½ Left turning shuffle stepping R, L, R, 6.00**

**5, 6,** Sweep/step L back, Sweep/step R back

**7 & 8L Coaster: Step L back, Step R beside L, Step L fwd 6.00**

**TAG: 8 Count Tag at end of Wall 1**

**1, 2, 3 & 4** Step R to Right, Step L to Left, Step R behind L, Step L to Left, Cross R over L

**5, 6, 7 & 8** Step L to Left, Step R to Right, Step L behind R, Step R to Right, Step L fwd

**Wall 5 (last wall) dance to count 56 \*\* you will be facing 6.00 - to finish to the front add counts:**

**& 1½ Left turn spin on L foot/hitch R, Step R to Right..... 12.00**