

JUST STAND UP

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Count: 32

Wall: 4

Level: Intermediate

Choreographer: Dee Musk (UK) Sept 08

Music: Just Stand Up by Stand Up To Cancer (CD: 96bpm)

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

Sect 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).

Sect 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).

Sect 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)

Sect 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.

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At the END of wall 6 facing 6 o'clock.

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 $\frac{1}{2}$ turn and a $\frac{1}{4}$ to finish facing front wall.

It looks messy and hard - but isn't - try it and see for yourself J Think of those who need our thoughts - Relax and Lose yourself - Enjoy J Luv Dee xx