

Just Stand Up

32 Count, 4 Wall, level

Choreographer: Dee Musk (UK) September 2008
Choreographed to: Just Stand Up by Artists Stand Up
To Cancer, CD Single (96 bpm)

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

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).

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. (3 o'clock).

*Restarts

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).

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

Music download available from iTunes