

Just Stand Up

32 Count, 4 Wall, Intermediate, Night Club 2 Step
Choreographer: Craig Bennt (UK) Sept 08
Choreographed to: Just Stand Up by Mariah Carey,
Fergie, Beyonce, Miley Cyrus, Rihanna,
Carrie Underwood, Leona Lewis,
Natasha Bedingfield, Sheryl Crow, Ciara, Ashanti,
Keyshia Cole

- 1-8 Left Side Rock Recover, Right Side, Sailor ½ Skate, Skate, Step Lock Step**
1-2&3 Step left to left side, rock back onto right, recover weight onto left, step right to right side
4&5-6 Sailor step making ½ turn left, Skate left, Skate Right
7&8 Step left forward, Step lock right behind left, Step forward onto left
- 9-16 Rock ¼ Turn, Cross Side Behind, Back Touch, Back Touch, Slide Back Together**
1&2 Rock forward onto right, recover back onto left, step right ¼ turn right
3&4 Cross left over right, Step right to right side, Cross left behind right **
5&6& Step back onto right at diagonal, Touch left in place, Step back onto left at diagonal,
Touch right in place
7-8 Step back onto right foot, Slide left in place (Taking no weight)
- 17-24 ¼ Turn Step Step, Behind ¼ Step Step, Behind Side, Cross Rock Step Cross Rock**
1&2 Make a ¼ turn stepping left forward, Step right to right side, Step left in place (taking weight)
3&4 Step right behind left, Make ¼ turn left stepping forward onto left, Step right to right Side
5&6& Step left behind right, Step right to right side, Rock left across right, recover weight onto right
7&8 Step left to left side, cross rock right over left, Recover weight onto left
- 25-32 Turn ¼ ½ Sweep Ball Step, ¾ Turn Monterey, Together**
1-2 Step right foot ¼ right, Make a ½ turn right stepping back onto left
3&4 Sweep right around going into a right ball step (stepping right in place, stepping forward on left)
5-6 Cross right over left, Point left to left side
7-8& ¾ turn left touching right to right side, Bring right in place taking weight

Start Again And Enjoy!