



## Stand Up

32 Count, 4 Wall, Beginner

Choreographer: Sophie Ruhling (FR) November 2018

Choreographed to: Stand Up by

Chris Carmack (Nashville Cast) (132bpm)

8 count intro

**S1 CROSS TRIPLE R OVER L TO L SIDE, ROCK STEP L SIDE 1/4 TURN R, TRIPLE STEP L FORWARD, MILITARY 1/4 TURN L**

- 1&2 Cross R over L, step L beside R, cross R over L  
3-4 Rock step L to L side, recover on R with 1/4 turn R (3.00)  
5&6 Walk L, walk R beside L, walk L  
7-8 Walk R, 1/4 turn L (weight on L) (12.00)

**Restart** here wall 5 (12.00)

**Ending** Here Counts 7-8: Do Step 1/2 Turn L Instead Of The Military Turn

**S2 R HEEL BALL STEP X2, MONTEREY 1/4 TURN R**

- 1&2 Step R heel forward, step R ball in place, step L slightly forward  
3&4 Step R heel forward, step R ball in place, step L slightly forward  
5-6 Point R to R side, 1/4 turn R on L ball and step R in place (3.00)  
7-8 Point L to L side, step L in place

**Restart** here wall 2 (6.00)

**S3 OUT R, OUT L, HOLD X2 (SNAP R HAND AND L HAND), SAILOR STEP R, SAILOR STEP L**

- 1-2 Walk R diagonal R (slightly), walk L diagonal L (slightly)  
3-4 Hold X2 (snap R hand, snap L hand)

**Variation** ("Put Your Hands Up"): Walls 4-8-12: Put Your R Hand Up (1) Put Your L Hand Up (2) Clap Both Hands Twice (3-4)

- 5&6 Cross R behind L, step L to L side, step R to R side  
7&8 Cross L behind R, step R to R side, step L to L side

**S4 TRIPLE STEP R BACK, ROCK STEP L BACK, TRIPLE STEP L FORWARD, ROCK STEP R SIDE**

- 1&2 Back R, back L beside R, back R  
3-4 Rock step L back, recover on R  
5&6 Walk L, walk R beside L, walk L  
7-8 Rock step R to R side, recover on L



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