

Stand Up Ez



Count: 32

Wall: 4

Level: Beginner

Choreographer: Annemaree Sleeth November 2018

Music: Stand Up By The Overtones Album 2018 The Overtones (3.02mins)

Dance Rotates Right CW

Intro –16 Counts from heavy beat approx. 12 secs - (1 Tag)

S1 [1-8] Diagonal Forward, Touch, Diagonal Forward Touch, Walks Back X 4

- 1 - 2 Step Right Diagonally Forward, Touch Left Together Click Fingers On Touches
- 3 - 4 Step Left Diagonally Forward, Touch Right Together Click Fingers On Touches
- 5 - 6 Step Right Back, Step Left Back
- 7 - 8 Step Right Back, Step Left Together

Styling : Lean Your Shoulders into the Forward Touches
Shoulder Rolls On Walks Back

S2 [9-16] Vine Right, Touch, Vine Left, Touch/Scuff

- 1 - 2 Step Right Side, Cross Left Behind Right
- 3 - 4 Step Right Side, Touch/Scuff Left Slightly Forward
- 5 - 6 Step Left Side, Cross Right Behind Left
- 7 - 8 Step Left Side, Scuff/Touch Right Slightly Forward

Option of Rolling Vines, Right and Left Add Touches

S3 [17-24] V Step ¼ Right V Step

- 1 - 2 Step Right Out Forward, Step Left Out Forward
- 3 - 4 Step Right Back, Step Left Together
- 5 - 6 1/4 Turn Right Step Right Out Forward, Step Left Out Forward 3.00
- 7 - 8 Step Back, Step Together

Styling: V Steps Alternate Arms Up Up, On the Forward Steps and Down, Down On The Back Steps, Twice

Right Arm Up, Left Arm Up Then Right Arm Down, Left Arm Down

S4 [25-32] Toe Struts Forward x 2, Rocking Chair

- 1 - 2 Touch Right Toe Forward, Drop Right Heel
- 3 - 4 Touch Left Toe Forward,, Drop Left Heel
- 5 - 6 Rock Right Forward, Recover Left
- 7 - 8 Rock Right Back, Recover Left

Tag 1 - 8 Count End Of Wall 3 Facing 9.00 2 Forward Touches, 2 Back Touches

- 1 - 2 Step Right Diagonally Forward, Touch Left Together
- 3 - 4 Step Left Diagonally Forward , Touch Right Together
- 5 - 6 Step Right Diagonally Back , Touch Left Together
- 7 - 8 Step Left Back, Touch Right Together

Ending Finish Dance

Facing 9.00, Turn ¼ Right Step Right Forward, Right Arm Up and Left Arm Down (Way)

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