My People

Count: 48 **Wall:** 2 **Level:** Intermediate Nightclub

Choreographer: Simon Ward (AUS) - October 2026

Music: I'll Stand By You - Pretenders

Notes: Dance starts on vocals (approx. 10 counts), Dance ends on count 40 (front wall)

[1-8] R fwd sweeping L, Cross/step L, R side, L behind R sweeping R, R behind L, ½ L, R basic, L basic

1-2&	Step right forward & over left sweeping left forward, Cross/step left over right, Step right to right side 12.00
3-4&	Step left behind right sweeping right back, Step right behind left, Step left to left side turning ¼ turn left 9.00
5-6&	Turn a further ¼ turn left stepping right to right side, Rock/step left behind right, Recover weight onto right 6.00
7-8&	Step left to left side, Rock/step right behind left, Recover weight onto left 6.00

[9-16] ¾ spiral turn L, Fwd L,R, Rock fwd L, Step back R,L, ¼ turn R with body sways, 1/8 R on L, ½ turn R, R back

1-2&	Step right to right side turning a ¾ spiral turn left keeping weight on right, Step left forward, Step right forward 9.00
3-4&	Rock/step left forward, Step back right, Step back left 9.00
5-6	Turn ¼ turn right stepping right to right side with body sway right, Body sway left 12.00
7	Body sway right turning 1/8 turn right 1.30
8&	Turning ½ turn right stepping back on left, Step right slightly back 7.30

Restart on Wall 2 (facing back wall) – Replace steps on counts 7-8& with an extra body sways - Right (7), Left (8)

[17-24] Touch L fwd with look back, Rock L fwd, Recover R with drag, Step L fwd, Step R fwd & spiral turn, Fwd L,R, Step L fwd with slow ½ pivot R, Recover R, 3/8 turn R

1	Touch left toe slightly forward with knee bent, sharp look over right shoulder 7.30
2-3	Rock/step left forward, Recover weight back on right dragging left back towards right 7.30
4	Step left forward 7.30
5	Step right forward turning a full spiral turn left keeping weight on right 7.30
6&	Step left slightly forward, Step right forward 7.30
7	Step left forward & pivot ½ turn right slowly keeping weight on left 1.30
8&	Recover weight onto right 1.30, Turn 3/8 turn right stepping back on left 6.00

[25-32] ½ turn R & sweep L, Weave R with hitch, Weave left turning ¼ L, R fwd & sweep L, Weave right with hitch, Weave left turning ¼ turn L

1-2&	Turn ½ turn right stepping right forward sweeping left forward, Cross/step left over right, Step right to right side 12.00
3-4&	Step left behind right hitching right knee to side out to side into a position four, Step right behind left, Step left to left side turning ¼ turn left 9.00
5-6&	Step right slightly forward sweeping left forward, Cross/step left over right, Step right to right side 9.00
7-8&	Step left behind right hitching right knee to side out to side into a position four, Step right behind left, Step left to left side turning ¼ turn left 6.00

[33-40] Walk forward R,L, R chase turn, Walk forward L,R, L chase turn

1-2	Walk forward right, Walk forward left 6.00
3&4	Step forward right, Pivot ½ turn left taking weight onto left, Step forward right 12.00
5-6	Walk forward left, Walk forward right 12.00
7&8	Step forward left, Pivot ½ turn right taking weight onto right, Step forward left slightly hitching right knee 6.00

Restart on Wall 4 – add an additional 2 counts after count 40 – Step right forward (1), Slow pivot ½ turn left taking weight on left (2)

[41-48] Rock R fwd, Recover back on L, ¼ turn R, Rock L fwd, Recover back on R, ½ turn L, Rock R fwd, recover on L turning ½ turn R, Run around ¾ R

1-2&	Rock/step right forward, Recover weight back on left, Step right beside left turning ¼ turn right 9.00
3-4&	Rock/step left forward, Recover weight back on right, Step left beside right turning ½ turn left 3.00
5-6	Rock/step right forward, Recover weight back on left turning ½ turn right hitching right knee 9.00
7&8&	Make a ¾ turn right running around R,L,R,L (picture a chair on the floor and run around that) 6.00

Start Dance Again
