Stand On It

4 wall, 64 counts, Improver
Choreographer: Susanne Mose Nielsen DK (Aug. 2007)
Mail: mail@susannemose.dk **Mail: susannemose@hotmail.com**
www.susannemose.dk
Choreographed to: Stand On It by Mel McDaniel album: Hit List. BPM 120

1. Section: Vine r, 1/4 turn r vine l, cross step, point l

1-3	Step right to right side, step left behind across right, step right to right
4-6	Turn ¼ right and step left to left, step right behind across left, step left to left
7-8	Cross right over left, point left to left side

2. Section: Step back, sweep x 4

9 -12	Step back on left, sweep right backwards, step back on right, sweep left backwards
13-16	Step back on left, sweep right backwards, step back on right, sweep left backwards

3. Section: Slow back coaster step l, hold, pivot ½ turn l, step forward, hold

17-20	Step back on left, step right next to left, step forward on left, hold
21-24	Step forward on right, pivot ½ turn left, step forward on right, hold

4. Section: Full turn right, hold, toe strut r, l

25-28	Full turn right forward stepping left, right, left, hold
29-32	Step forward on right toe, drop right heel, step forward on left toe, drop left heel

5. Section: Vine r, swivet r, l

33-36	Step right to right, step left behind across right, step right to right, touch left
37-38	Swivet toes to right (weight on left toe and right heel), swivet to center
39-40	Swivet toes to left (weight on left heel, and right toe), swivet to center

6. Section: Vine l, swivet r, l

41-44	Step left to left, step right behind across left, step left to left, step right next to left
45-46	Swivet toes to right (weight on left toe and right heel), swivet to center
47-48	Swivet toes to left (weight on left heel, and right toe), swivet to center

7. Section: Paddle1/8 l x 4

49-56	Step forward on right, move left foot on the spot 1/8 left x4 (½ turn)

8. Section: Rocking chair, toe strut r, l

57-60	Step forward on right, recover on left, step back on right, recover on left
61-64	Step forward on right toe, drop right heel, step forward on left toe, drop left heel

TAG: After 4 walls – (facing 12 o'clock) dance Section 5 & 6(Vine right, swivet r, l – vine left, swivet r, l)

Ending: *During 7. Wall – dance Section: 1. - 2. - 3. Then turn right ¾ - Arms up.* **HAVE FUN !**