STAND UP AND DANCE!

Choreographed by: Annette Skaff and Barbara R. K. Wallace
Music: Stand up by Cheryl Cole
32 Count Intermediate 4 wall line dance

½ PIVOT TURN LEFT, BALL STEP, HALF TURN LEFT STEPPING BACK RIGHT, LEFT ROCK BACK AND RECOVER, LEFT TOGETHER, RIGHT ROCK BACK AND RECOVER
1,2 Step forward right, make ½ pivot turn left (weight on left)
&3,4 Step together on the right, step forward left, make 1/ 2 turn left stepping back on the right
5,6 Rock back left, recover right
&7,8 Step together on left, rock back right, recover left

RIGHT STEP FORWARD, DRAG TOGETHER WITH LEFT, SKATE RIGHT AND LEFT, RIGHT STEP FORWARD, DRAW TOGETHER WITH LEFT, LEFT FORWARD MAMBO WITH ¼ TURN LEFT
1,2 Step forward right, drag left to meet right putting weight on the left
3,4 Skate right, skate left
5,6 Step forward right, draw left to meet right (weight remains on right)
7&8 Rock forward left, recover right, make ¼ turn left stepping side left
(Dance the tag here in the 3rd sequence)

CROSS RIGHT OVER, SIDE LEFT, RIGHT TOE BACK AND UNWIND ½ RIGHT, CROSS LEFT OVER, STEP SIDE RIGHT, CROSS BEHIND, POINT RIGHT TOE TO SIDE
1,2 Cross right over left, step side left
3,4 Touch right toe behind left, unwind ½ turn right (weight on right)
5,6 Cross left over right, step side right
7,8 Cross left behind right, point right toe to right side
(Restart here in the 7th sequence)

RIGHT SAILOR ENDING WITH A RIGHT HEEL, TOGETHER AND CROSS LEFT, TWO ¼ TURNS LEFT, RIGHT JAZZ BOX
1&2& Cross right behind left, step side left, touch right heel forward, step on right
3&4 Cross left over right, make ¼ turn left stepping on right, make ¼ turn left stepping on left
5-8 Cross right over left, step back on left, step side right, step forward left
(Dance the tag here in the 10th sequence)

Tag (4 counts)
FORWARD STEP TOUCH, LEFT COASTER BACK
1,2 Step forward right, touch left toe beside right
3&4 Step back left, step together on right, step forward left

Same tag is danced after 16 counts in the 3rd sequence (at the 3 o'clock wall) and after 32 counts in the 10th sequence (at the 12 o'clock wall)

Restart: *after 24 counts in the 7th sequence (restart facing 9 o'clock wall)*