

STOOD UP

Music: "Stood Up", Rick Nelson

Level: Beginner

Original Choreo: Darolyn Pchajek

*NOTATION MODIFICATIONS: Wayne Kralik, DANCE-N-TIME, for The Scarborough City Dancers

SEQUENCE: A - B - C - BREAK - A - B - ENDING

Wait 8 Beats to Start

Part A:

2 Triples: $\frac{DS DS DS RS}{L R L RL} \quad \frac{DS DS DS RS}{R L R LR}$

Stood Up: $\frac{STEP STEP Clap Clap DS DS}{L R L R}$

2 Basics: $\frac{DS RS}{L RL} \quad \frac{DS RS}{R LR}$

REPEAT ALL OF THE ABOVE

Key to Abbreviations & Terms:

DS - double-toe step
RS - rock step
BU - brush up (ball of foot only)
H - tap/bounce heel
DT - double-toe only, no weight

Part B:

*Rocking Chair: $\frac{DS BU/H DS RS}{L R L R LR}$

*Fancy Double Turn $\frac{1}{2}$ L: $\frac{DS DS RS RS}{L R LR LR}$ (Facing Back)

*Rocking Chair: $\frac{DS BU/H DS RS}{L R L R LR}$

Stood Up: $\frac{STEP STEP Clap Clap DS DS}{L R L R}$

*Fancy Double Turn $\frac{1}{2}$ L: $\frac{DS RS DS RS}{L RL R LR}$ (Returning to Face Front)

Part C:

4 Twisters: $\frac{DS DS DT Twist Left Twist Right Twist Left}{L R L L\&R L\&R L\&R}$ (twist on balls of feet)

1 Triple Turn $\frac{1}{4}$ R: $\frac{DS DS DS RS}{R L R LR}$

REPEAT ALL ABOVE THREE MORE TIMES TO EACH WALL TO RETURN TO FRONT

BREAK:

2 Basics: $\frac{DS RS}{L RL} \quad \frac{DS RS}{R LR}$

REPEAT PART A: 2 Triples, Stood Up, 2 Basics, and then repeat all steps

REPEAT PART B: Rocking Chair, Fancy Double $\frac{1}{2}$ L, Rocking Chair, Stood Up, 2 Basics $\frac{1}{2}$ L

ENDING: Stood Up, 2 Basics, Stood Up, 2 Basics