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Stand Upright

32 Count, 4 Wall, Improver Choreographer: Mike O'Brien (UK) Aug 2010 Choreographed to: Shine Your Light by Charlie Landsborough, CD: With You In Mind (104 bpm)

32 count intro

1 - 2 3 & 4 5 - 6	Heel Toe. Right Shuffle. Rock Recover. Back Lock Step. Tap right heel forward. Tap right toe behind. Step forward right. Step left beside right. Step forward right. Rock forward on left. Recover on right.
7 & 8	Step back left. Lock right across left. Step back left.
1 & 2 3 - 4 5 & 6 7 - 8	Sailor ¼ Turn Right. Side Behind. Step Back. Heel Ball Cross. Side Behind. Step right behind left ¼ right. Step left beside right. Step forward right. (3 o/c) Step left to the left side. Step left behind right. Step back on left. Kick right heel forward. Step back on right. Step left over right. Step right to right side. Step left behind right.
&1& 2 3 - 4 5 & 6	Step Back. Heel Ball Cross. Rock Recover. Sailor ¼ Turn left. Heel & Toe &. Step back on right. Kick left heel forward. Step back on left. Step right over left. Rock forward on left. Recover on right. Step left be old forward. Step right beside left. Step left in place. (12 o/c)
7 & 8 &	Tap right heel forward. Step right in place. Tap left toe behind. Step left in place.
1 & 2 & 3 4 & 5 & 6 7 & 8	Heel Toe. Right Lock Step. Heel Toe. Left Lock Step. Step Turn Stomp. Tap right heel forward. Tap right toe over left. Step forward right. Lock left behind right. Step forward right. Tap left heel forward. Tap left toe over right. Step forward left. Lock right behind left. Step forward left. Step forward right. Step left in place ¼ turn left. Stomp right beside left. (9 o/c)

Music download available from iTunes

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