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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

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

