



SILVERSTAR LINEDANCERS



Stand On It

Improver

STEPS	ACTUAL FOOTWORK	CALLING SUGGESTIONS	DIRECTION
Section 1 1 - 3 4 - 6 7 - 8	Vine right - vine 1/4 right, cross step, point left Step right to right side, step left behind across right, step right to right. Turn 1/4 right on left, step right behind across left, step left to left. Cross right over left, point left to left side.	Vine 1/4 turn cross step Cross point	Right Turn right On the spot
Section 2 1 - 4 5 - 8	Step back, sweep x 4 Step back on left, sweep right back, step back on right, sweep left back. Step back on left, sweep right back, step back on right, sweep left back.	Step sweep step sweep Step sweep step sweep	Back Back
Section 3 1 - 4 5 - 8	Slow back coaster step left, hold, pivot 1/2 turn left, step forward, hold Step back on left, step right next to left, step forward on left, hold. Step forward on right, pivot 1/2 turn left, step forward on right, hold.	Coaster step hold Step 1/2 turn step hold	On the spot Turn left
Section 4 1 - 4 5 - 8	Full turn right, hold, toe strut right, left Full turn right forward stepping left, right, left, hold. Step forward on right toe, drop right heel, step forward on left toe, drop left heel.	Full turn hold Toe strut x 2	Turn right Forward
Section 5 1 - 4 5 - 6 7 - 8	Vine right, swivet right, left Step right to right, step left behind across right, step right to right, touch left. Swivet toes to right (weight on left toe and right heel), swivet to center. Swivet toes to left (weight on left heel and right toe), swivet to center.	Vine touch Swivet x 2 Swivet x 2	Right Right center Left center
Section 6 1 - 4 5 - 6 7 - 8	Vine left, swivet right, left Step left to left, step right behind across left, step left to left, touch right. Swivet toes to right (weight on left toe and right heel), swivet to center. Swivet toes to left (weight on left heel and right toe), swivet to center.	Vine touch Swivet x 2 Swivet x 2	Left Right center Left center
Section 7 1 - 8	Paddle 1/8 left x 4 Step forward on right, move left foot on the spot 1/8 left x 4 (= 1/2 turn).	Paddle x 4	Turn left
Section 8 1 - 4 5 - 8	Rocking chair, toe strut right, left Step forward on right, recover on left, step back on right, recover on left. Step forward on right toe, drop right heel, step forward on left toe, drop left heel.	Rocking chair Toe strut x 2	On the spot Forward

Optional Ending

During 7th wall - dance section 1 - step 1 - 3 then turn 3/4 right -arms up !

TAG

After 4 walls (12:00) - dance section 5 and 6 (vine right, swivet right, left - vine left, swivet right, left)

4 Wall Line Dance: 64 counts

Choreographed by: Susanne Mose Nielsen (DK) Aug. 2007

Choreographed to: Stand On It by Mel McDaniel - album Hit List - bpm 120