

STAND UP FOR LOVE

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Music: Stand Up For Love by Daniel O'Donnell
From the CD album From Daniel With Love
Available from Wal-Mart Music Downloads

Rhythm/Phase: Foxtrot Phase IV + 2 (Natural Hover Cross & Top Spin)

Music Speed: As downloaded

Footwork: Opposite throughout directions for M (and for W where noted).

Sequence: Intro A B A B Bridge B

..... INTRODUCTION (8 Measures)

OPN FACING POS W/ LEAD FEET FREE WAIT 3 PKUP NOTES & 2 MEAS;; APART
POINT; TOG TCH OPN POS LOD; FWD & RUN 2 THREE TIMES;;; PKUP SD CL;

[1 & 2] In opn fcng pos w/ lead feet free wait 3 pkup notes & 2 meas;; [3] Step apart L, -, point R twd partner, -; [4] Step tog R to opn pos fc LOD, -, tch L to right, -; [5 - 7] Fwd L, -, fwd R, fwd L; Fwd R, -, fwd L, fwd R; Fwd L, -, fwd R, fwd L; [8] Fwd R commence picking up W to clsd pos LOD, -, sd L, cl R;

..... PART A (16 Measures)

THREE-STEP; OPN NATURAL; OUTSIDE CHNG SEMI; FWD HOVER BJO; BK HOVER
SEMI; IN & OUT RUNS TWICE;;; THRU FC CL; HOVER SEMI; PKUP SD CL;
THREE-STEP; NATURAL HOVER CROSS;; TO A TOP SPIN;

[1] Fwd L, -, fwd R, fwd L; [2] Commence rf upper body turn fwd R heel to toe, -, sd L across line of dance, continue slight rf upper body turn bk R lead partner to step outside M to bjo pos; (W commence rf upper body turn bk L, -, cl R [heel turn] continue turn, fwd L outside partner to bjo pos;) [3] Bk L, -, bk R trng lf, sd & fwd L to semi-clsd pos LOD; [4] Fwd R, -, fwd L w/ rising action, rec bk L to bjo pos; (W fwd L, -, sd & fwd R start lf body turn, continue turn fwd L end bjo pos;) [5] Bk L, -, sd & bk R w/ rising action, rec fwd L semi-clsd pos LOD; [6 - 9] Fwd R starting rf turn, -, sd & bk L diag line of dance & wall to clsd pos, bk R to bjo pos; Using CBM bk L trng rf, -, sd & fwd R between W's feet continue rf turn, fwd L to semi-clsd pos; (W fwd L, -, fwd R between M's feet, fwd L outside M in bjo pos; Using CBM fwd R start rf turn, -, fwd & sd L continue rf turn, fwd R to semi-clsd pos;) Repeat these two measures;; [10] Twd LOD step thru R, -, turning body rf to fc partner & wall step sd L, cl R; [11] Fwd L, -, fwd & sd R w/ rising action, rec fwd L to semi-clsd pos LOD; [12] Twd LOD fwd R commence picking up W to clsd pos, -, sd L, cl R; [13] Fwd L, -, fwd R, fwd L; [14 & 15] Fwd R diag line of dance & wall commence to turn rf, -, sd L with left side stretch, continue rf turn sd R; With right side stretch fwd L outside partner in CBMP on toe, rec R w/ slight left side lead, sd & fwd L, with left side stretch fwd R outside partner in CBMP on toe; (W bk L commence to turn rf, -, cl R to left heel turn with a right side stretch, continue rf turn sd L to clsd pos; With left side stretch bk R in CBMP on toe, rec L w/ slight right side lead, sd & bk R, with right side stretch bk L in CBMP;) [16] With weight on ball of right foot commence lf spin turning approx 1/8 turn with each step bk L in CBMP, bk R continue spin/turn, with left side stretch sd & slightly fwd L, with left side stretch fwd R in CBMP outside partner end facing LOD;

..... PART B (16 Measures)

DIAMOND TURN;;; 2 LT TURNS CP DLW;; HOVER TELEMAR; PKUP SD CL;
DIAMOND TURN;;; 2 LT TURNS CP DLW;; HOVER TELEMAR; PKUP SD CL*;

[1 - 4] Fwd L trng lf on diag, -, continue lf turn sd R, bk L partner outside M in CBMP; Stay CBMP & turning lf it's bk R, -, sd L, fwd R outside partner in CBMP; Fwd L trng lf on diag, -, sd R, bk L partner outside M in CBMP; Bk R continue lf turn, -, sd L, fwd R outside partner in CBMP DLC; [5 & 6] Fwd L commence lf upper body turn, -, continue turn up to 1/2 sd & bk R, cl L; Bk R commence lf upper body turn, -, continue turn up to 1/2 sd & fwd L, complete turn to clsd pos DLW cl R; [7] Fwd L, -, diag sd & fwd R rising slightly [hovering] with body trng 1/8 to 1/4 rf, fwd L small step on toes to semi-clsd pos LOD; [8] Twd LOD fwd R commence picking up W to clsd pos, -, sd L, cl R; [9 - 12] Same as measures 1 thru 4;;; [13 & 14] Same as measures 5 and 6;; [15] Same as measure 7; [16] *Special note: First time thru Part B cue as PKUP SD CL. Second time thru Part B cue as THRU FC CL. Third time thru Part B cue as CHAIR & HOLD.

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. BRIDGE (8 Measures)

LEFT TURNING BOX;;; HOVER SEMI; THRU FC CL; TWIRL VINE 3; PKUP SD CL;

[1 - 4] Fwd L commence lf upper body turn, -, fwd & sd R complete 1/4 turn, cl L; Bk R commence lf upper body turn, -, bk & sd L complete 1/4 turn, cl R; Repeat these two measures end CP facing wall;; [5] Fwd L, -, fwd & sd R w/ rising action, rec fwd L to semi-clsd pos LOD; [6] Twd LOD step thru R, -, turning body rf to fc partner & wall step sd L, cl R; [7] Sd L, -, XRIB of left, sd L; (W sd & fwd R trng 1/2 rf under joined lead hands, -, sd & bk L trng 1/2 rf to fc partner, sd R; [8] Twd LOD fwd R commence picking up W to clsd pos, -, sd L, cl R;