

Stand By Cha

Count: 32

Wall: 4

Level: Absolute Beginner

Choreographer: Frank Trace (USA) - August 2022

Music: Stand By Your Man - Candi Staton

This dance will also work with many different songs. Give it a try.

Intro: 16 counts

ROCK, RECOVER, TRIPLE 1/4 TURN RIGHT, ROCK, RECOVER, TRIPLE 1/4 TURN LEFT

1-2 Rock R forward, recover onto L
3&4 Triple step (R, L, R) turning ¼ right (3:00)
5-6 Rock L forward, recover onto R
7&8 Triple step (L, R, L) turning ¼ left (12:00)

CROSS STEP TOUCHES FORWARD, JAZZ BOX 1/4 TURN

1-2 Cross step R over L, touch L to left side
3-4 Cross step L over R, touch R to right side
5-8 Cross R over L, step back on L, turn ¼ right step R to side, step L next to R (3:00)

RIGHT SIDE TOGETHER, SHUFFLE FORWARD, LEFT SIDE TOGETHER, SHUFFLE FORWARD

1-2 Step R to right side, step L next to R
3&4 Shuffle forward (R, L, R)
5-6 Step L to left side, step R next to L
7&8 Shuffle forward (L, R, L)

ROCKING CHAIR, ¼ PIVOT, ¼ PIVOT

1-4 Rock forward on R, recover onto L, rock back on R, recover onto L
5-6 Step R forward, pivot ¼ left, step R forward, pivot ¼ left (9:00)

BEGIN AGAIN