



Everybody Let's Dance!

(November 2023)

contact@adamastmar.se – Sweden



Information: 32 Counts, 4 wall, Beginner. Fun Dance
Choreographers: Adam Åstmar (SE).
Music: "Stand Up" by David Penn, Ramona Renea (3:20) ~ 123 bpm.
Intro: 32 counts from first clear beat, approx. 16 seconds.

Important Info: Restart occurs towards 3'00 after 16 counts on wall 4.

Section	Steps & Explanations	End Facing
1	Step. Kick. 3x Walk Back. Point Back. 2x Walk Fwd.	
1 – 2	Step forward on RF (1). Kick LF forward (2).	12'00
3 – 4	Step back on LF (3). Step back on RF (4).	12'00
5 – 6	Step back on LF (5). Point RF back (6).	12'00
7 – 8	Step forward on RF (7). Step forward on LF (8).	12'00
2	V-Step with Touch. V-Step with Touch.	
1 – 2	Step to R diagonal on RF (1). Step to L diagonal on LF (2).	12'00
3 – 4	Step back to center on RF (3). Touch LF next to RF (4).	12'00
5 – 6	Step to L diagonal on LF (5). Step to R diagonal on RF (6).	12'00
7 – 8	Step back to center on LF (7). Touch RF next to LF (8).	12'00
Note!	- Restart occurs here on wall 4 facing 3'00 -	
3	Side Point. Touch. Side. Touch. Side Point. Touch. Side. Touch.	
1 – 2	Point RF to R (1). Touch RF next to LF (2).	12'00
3 – 4	Step to R on RF (3). Touch LF next to RF (4).	12'00
5 – 6	Point LF to L (5). Touch LF next to RF (6).	12'00
7 – 8	Step to L on LF (7). Touch RF next to LF (8).	12'00
4	Toe Strut Fwd R, L. Walk Around ¾.	
1 – 2	Touch RF forward (1). Step down on RF (2).	12'00
3 – 4	Touch LF forward (3). Step down on LF (4).	12'00
5 – 8	Walk around stepping RF (5), LF (6), RF (7), LF (8) while turning ¾ over R shoulder.	9'00
Optional	- If you want to spice it up, shimmy shake your shoulders when doing the toe struts! -	

Please do not change anything in this stepsheet. If you want to use this somewhere else, you need to make sure that it's in original form and nothing's missing, such as contact details etc.

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