

Standing with you tonight

Choreographer: Niels Poulsen

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Type of dance: 32 counts, 2 walls, Low advanced AB nightclub. A: 32 counts. B: 16 counts
 Music: **Standing with you** by Guy Sebastian. 56 BPM. Track length: 3:52. Buy on iTunes, etc.
 Intro: 8 counts from very first beat in music (app 8. secs into track). Start on word 'DO'. Remember to start with the weight on you L foot
 1 tag: After wall 2 – see tag description at bottom of page
 Sequence: A, B, B, Tag, A, B, B, A (17-32), B, B, B, 1st count of B
 Ending: Facing 12:00. Do first count of B pointing R index finger up and looking up (*lyrics: 'night'*)
 Note: This song is about reaching out to your loved ones who suffer from mental health issues. I therefore dedicate this dance to the Line Dance Foundation (LDF) and to Helen O'Malley (Ireland) in particular who continuously and tirelessly fight to raise awareness for mental health issues in our dance world 😊

A part – 32 counts. A always starts facing 12:00 and always ends facing 6:00. A is always followed by a B part

Counts	Footwork	End facing
1 – 9	Hitch ½ L, L side rock, syncopated twinkle ¼ L, step turn step, step turn, ¼ L point R	
1 – 3	Step R to R side hitching L knee next to R leg <i>and</i> turning ½ L (1), rock L to L side (2), recover on R (3) ... <i>Styling for count 1: go up on ball of R foot when turning ½ L</i>	6:00
4&5	Cross L over R (&), rock R to R side (4), recover on L turning ¼ L (&), step fwd on R (5)	3:00
6&7	Step fwd on L (6), turn ½ R onto R (&), step fwd on L (7)	9:00
8&1	Step fwd on R (8), turn ½ L onto L (&), turn ¼ L on L pointing R to R side (1)	12:00
10 – 16	¼ R, ¼ R into L side rock, cross side, L back rock, side L, R back rock, recover hitch	
2&3	Turn ¼ R stepping down on R (2), continue turning ¼ R rocking L to L side (&), recover on R (3)	6:00
4&	Cross L over R (4), step R to R side (&)	6:00
5 – 6&	Rock L back L (5), recover on R (6), step L to L side (&)	6:00
7 – 8	Rock R back (7), recover on L hitching R knee (8) ... <i>Styling for count 8: go up on ball of L</i>	6:00
17 – 24	R mambo ½ R, 1¼ R with toe drag, weave hitch, behind ¼ L, ¼ L into R basic	
1&2	Rock R fwd (1), recover back on L (&), turn ½ R stepping R fwd (2)	12:00
&3	Turn ½ R stepping back on L (&), turn ½ R stepping fwd on R but continue turning ¼ R dragging the tip of your L toe next to R (3)	3:00
4&5	Cross L over R (4), step R to R side (&), cross L behind R hitching R knee in a figure 4 position (5)	3:00
&6	Cross R behind L (&), turn ¼ L stepping L fwd (6)	12:00
&7 - 8&	Turn ¼ L on L stepping R a big step to R side (&), drag L towards R (7), close L behind R (8), cross R over L (&)	9:00
25 – 32	Side L, R back rock, R rock fwd, ½ R, L rock fwd, ½ L, full spiral, fwd L, ¼ L hitch R	
1&2	Step L to L side (1), rock back on R (&), recover fwd on L (2)	9:00
&3 - 4&	Rock R fwd (&), bring R hand up to your forehead as if looking for something (<i>lyrics: 'distant satellite'</i>) (3), recover back on L dropping R arm down (4), turn ½ R fwd onto R (&) ... <i>Note: no arm styling during 3rd A</i>	3:00
5 – 6&	Rock L fwd reaching L arm up with palm of hand facing up (<i>lyrics: 'in the sky'</i>) (5), recover back on R dropping L arm down (6), turn ½ L onto L (&) ... <i>Note: no arm styling during 3rd A</i>	9:00
7 – 8&	Step R fwd doing a full spiral turn on R (7), step L fwd (8), turn ¼ L on L hitching R knee (&)	6:00
Note!	The 3rd time you do the A part: SKIP counts 1-16 and start from count 17. Start facing 6:00	

B Part – 16 counts. The B part comes 7 times. Always starts facing either 6:00 or 12:00

1 – 9	R lean ¼ L, ¾ R swing, ¼ R fwd R, step turn turn, R back rock, roll body, ¼ L, weave	
1 – 3	Turn ¼ L leaning back on R lifting L toes off the floor (1), recover on L turning ¾ R swing kicking R to R side (2), turn ¼ R stepping down on R (3)	3:00

&4&	Step L fwd (&), turn ½ R stepping fwd on R (4), turn ½ R stepping back on L (&)	3:00
5 – 6	Rock back on R rolling body backwards (5), recover on L rolling body fwd (6) ... <i>Styling: when he sings 'Your ears' cover both ears with your hands (always facing 3:00). When he sings 'your pain' hug your body tight and look down (always facing 9:00). Note: no arm styling during your last B (= no lyrics!)</i>	3:00
&7	Recover back on R rolling body backwards (&), recover fwd on L turning ¼ L on L hitching R knee in a figure 4 position (7)	12:00
8&1	Cross R over L (8), step L to L side (&), cross R behind L sweeping L to L side (1) ... <i>Styling: open body to L diagonal bending in R knee and look down at your sweeping leg Styling for counts 8&1: Every 2nd time you do B raise arms above head with palms facing in then pull them down whilst moving fingers (lyrics: 'clouds [8] have run out of rain [1]')</i>	12:00
10 – 16	Behind side, L cross rock, L rolling vine, R cross rock, R side rock, R back rock	
2&3&	Cross L behind R (2), step R to R side (&), cross rock L over R (3), recover back on R (&)	12:00
4&5	Turn ¼ L stepping L fwd (4), turn ½ L back on R (&), turn ¼ L stepping L to L side (5)	12:00
6&7&	Cross rock R over L (6), recover back on L (&), rock R to R side (7), recover on L (&)	12:00
8&	Rock back on R (8), recover fwd on L (&)	12:00

TAG – comes once, after the 2nd B, facing 6:00 but finishing at 12:00 so you can start A facing 12:00 again 😊

1 – 8	R basic, side L, R back rock, step ½ L sweep, cross R over L, side rock cross	
1 – 2&	Step R a big step to R side (1), close L behind R (2), cross R over L (&)	6:00
3 – 4&	Step L a big step to L side (3), rock back on R (4), recover fwd on L (&)	6:00
5 – 6	Step fwd on R (5), turn ½ L onto L sweeping R fwd (6)	12:00
7&8&	Cross R over L (7), rock L to L side (&), recover on R (8), cross L over R (&)	12:00

EXTRA NOTE – The 3rd time you do A – starting from count 17 and onwards – I want you to change the counts from count 22 to 28. Because of Guy Sebastian's different way of singing this verse it doesn't make sense to stick to the original rhythm of the dance. Don't change the steps but change the rhythm to that of a typical night club timing '6&7 8&1 2&3 etc.'

6&	Cross R behind L (6), turn ¼ L stepping L fwd (&)	12:00
7 – 8&	Turn ¼ L on L stepping R a big step to R side dragging L towards R (7), close L behind R (8), cross R over L (&)	9:00
1 – 2&	Step L to L side (1), rock back on R (2), recover fwd on L (&)	
3 - 4&	Rock R fwd (3), recover back on L (4), turn ½ R fwd onto R (&) ... <i>Note: no arm styling during 3rd A</i>	