



STAND BY CHA

Choreographed by Frank Trace

32 count, 4 wall Absolute Beginner

Music: "Stand By Your Man" by 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 $\frac{1}{4}$ right (3:00)
- 5-6 Rock L forward, recover onto R
- 7&8 Triple step (L, R, L) turning $\frac{1}{4}$ 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 $\frac{1}{4}$ 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, $\frac{1}{4}$ PIVOT, $\frac{1}{4}$ PIVOT

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

BEGIN AGAIN