

Stand My Ground

Count: 32

Wall: 2

Level: Easy Intermediate

Choreographer: Gregory Danvoie (BEL) - March 2026

Music: Stand My Ground - Cochren & Co.



Intro: 16 Counts. Start at approx 10 secs

SEC 1 WALK, WALK, STEP, LOCK HITCH, STEP, ROCK, ½ STEP, ¼ SIDE, CROSS

- 1-2 RF walk forward, LF walk forward
- &3-4 RF step forward, LF cross behind RF with a hitch with the RF, RF step forward
- 5-6 LF rock forward, recover on RF
- &7-8 LF step forward with ½ turn to the L, RF step to the R side with ¼ turn to the L, LF cross over RF (3:00)

SEC 2 SAMBA STEP, SAMBA STEP, ¼ STEP, STEP, PIVOT ½ TURN, ¼ SIDE, CROSS

- 1-2& RF step to the R side, LF back rock, recover on RF
- 3-4& LF step to the L side, RF back rock, recover on LF
- 5-6 RF step forward with ¼ turn to the R, LF step forward (6:00)
- 7&8 Pivot with ½ turn to the R, LF step to the L side with ¼ turn to the R, RF cross over LF (3:00)

Restart Here on Walls 3 and 6, change counts 7&8 to the following the restart

- 7-8 Pivot with ½ turn to the R, LF step forward with a RF back flick (12:00)

SEC 3 ¼ STEP, STEP, PIVOT ¼ TURN, ⅛ STEP, TOGETHER KICK, STEP-LOCK-STEP, PIVOT ½ TURN

- 1-2& LF step forward with ¼ turn to the L, RF step forward, pivot with ¼ turn to the L (9:00)
- 3-4 RF step forward with ⅛ turn to the L, LF step next to RF with a RF kick forward (7:30)
- 5&6 RF step forward, LF cross behind RF, RF step forward
- 7-8 LF step forward, pivot with ½ turn to the R (1:30)

SEC 4 ½ HIP BUMPS, ⅜ HIP BUMPS, CROSS ROCK, SIDE ROCK, CROSS BEHIND, PIVOT ½ TURN BACK FLICK

- 1&2 LF bump back with ½ turn to the R, recover on RF, recover on LF (7:30)
- 3&4 RF bump forward with ⅜ turn to the R, recover on LF, recover on RF (12:00)
- 5&6& LF cross rock over RF, recover on RF, LF side rock, recover on RF
- 7-8 LF cross behind RF, pivot with ½ turn to the L with a RF back flick (6:00)

Tag 1 At the end of Wall 1

STEP, PIVOT ½ TURN BACK FLICK

- 1-2 RF step forward, pivot with ½ turn to the L
- 3-4 RF step forward, pivot with ½ turn to the L RF back flick

Tag 2 At the end of Wall 7

STEP, PIVOT ½ TURN, STEP, PIVOT ½ TURN, ROCK, BACK FLICK

- 1-2 RF step forward, pivot with ½ turn to the L
- 3-4 RF step forward, pivot with ½ turn to the L
- 5-6 RF step forward with a body roll forward, recover on LF RF hitch

Ending

- 1-2& RF step to the R side, LF back rock, recover on RF
- 3-4& LF step to the L side, RF back rock, recover on LF
- 5-6 RF step forward with ¼ turn to the R, LF step forward
- 7-8 Pivot with ½ turn to the R, LF step forward with a RF back flick

