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Dancing With Friends EZ (aka Jan's Little Dance)

48 Count, 4 Wall, Beginner

Choreographer: Lisa McCammon (USA) Aug 2015
Choreographed to: Don't Ever Let Nobody Drag Your Spirit
Down by the Heritage Blues Orchestra. CD: And Still I Rise
(108 bpm)

32 count intro

Counterclockwise rotation; start with weight on L

1-8 ROCK, RECOVER, SIDE, TOUCH, ROCK, RECOVER, SIDE, TOUCH

1-4 Small rock forward onto R, recover weight L, take big step side R, touch L home

5-8 Small rock forward onto L, recover weight R, take big step side L, touch R home

9-16 VEE STEP, SWAY R, L, R, L

1-4 Step forward R to right diagonal, step L to side; step R back, step L home

5-8 Step side R, swaying R, L, R, L (*carry swaying motion to R into next section*)

17-24 SIDE, BEHIND, SIDE, CROSS, SIDE TRIPLE, BACK ROCK, RECOVER

1-4 Step R to side, step L behind, step R to side, cross step L

5&6 Step R to side, close L, step R to side

7-8 Rock back onto L, recover weight R

25-32 SIDE, BEHIND, SIDE, CROSS, TRIPLE TURN RIGHT ¼, BACK ROCK, RECOVER

1-4 Step L to side, step R behind, step L to side, cross step R

5&6 Turn right ¼ [3] stepping back L, close R, step L back

7-8 Rock back onto R, recover weight L (*momentum continues forward with walk R*)

33-40 WALK, WALK, TRIPLE FORWARD, STEP, TURN RIGHT ¼, REPEAT

1-2 Walk forward R, L

3&4 Step forward R, close L, step forward R

5-8 Step forward L, turn right ¼ [6] taking weight R; repeat, ending at [9], weight on R (*new wall*)

41-48 WALK, WALK, TRIPLE FORWARD, ROCKING CHAIR

1-2 Walk forward L, R

3&4 Step forward L, close R, step forward L

5-6 Rock forward onto R, recover weight L

7-8 Rock back onto R, recover weight L (*momentum leads into forward rock at start of pattern*)

*The dance will work with other WCS rhythm tracks, but the lyrics in this song contain a message for all of us.

This dance is dedicated to Jan.
