



Dancing 4 Health

32 Count, 4 Wall, Beginner

Web site: www.linedancermagazine.com

Choreographer: Shanthie De Mel (Aus) October 2010

Choreographed to: Just Stand Up by Stand Up 2

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Cancer, CD: R&B Single (96bpm)

16 count Intro, Start just before the main vocals "The heart is stronger than you think", Wt on R

SIDE, HOLD, CROSS/ROCK, RETURN, SIDE, HOLD, CROSS/ROCK, RETURN
1, 2, 3, 4 Step L to left side, hold, rock R over L, return L
5, 6, 7, 8 Step R to right side, hold, rock L over R, return R (12:00)

VINE LEFT WITH HOLD, VINE RIGHT WITH HOLD
1, 2, 3, 4 Step L to left side, hold, cross R behind L, step L to left side
5, 6, 7, 8 Step R to right side, hold, cross L behind R, step R to right side (12:00)

FWD, HOLD, LOCK, FWD, BACK, HOLD, LOCK, BACK
1, 2, 3, 4 Step L diagonally fwd, hold, lock R behind L, step L diagonally fwd
5, 6, 7, 8 Step R diagonally back, hold, lock L over R, step R diagonally back

CROSS, HOLD, BACK, BACK, CROSS, HOLD, 1/4 TURN BACK, SIDE
1, 2, 3, 4 Cross L over R, hold, step R back, step L back
5, 6, 7, 8 Cross R over L, hold, turning 1/4 left step back L, step R to right side. (9:00)

Keep to the count, even when the phrasing does not quite seem to fit, & the key, changes. This was done on purpose to avoid Tags or Restarts!

This dance is dedicated to Jan Wyllie of Queensland Australia, who has given so much joy to dancers with her choreography & teaching, & who is now trying to overcome cancer. The line dance community of Melbourne wish you a full recovery, Jan. May our thoughts & healing vibes give you hope, & empower you to keep dancing better than ever!

With the singers we say - "Don't give up. Through it all just stand up."

For split floors, see Intermediate line dance - "Jan's Dance" to the same music

The "Stand Up 2 Cancer" Foundation, on Sept. 5th 2008 held a 2 hour special concert Telethon at The Radio City Music Hall in New York, which was simulcast on NBC, ABC & CBS over 170 countries, without commercials. "Just Stand Up" was sung by 15 Divas - Mariah Carey, Beyonce, LeAnn Rimes, Rihanna, Miley Cyrus, Leona Lewis, Melissa Etheridge, Carrie Underwood, Ashanti, Sheryl Crowe, Keyshia Cole, Natasha Bedingfield, Fergie, Ciara & Mary J. Blige. They raised \$100 million, which is being used for cancer research. "Just Stand Up" was released as a R&B single, available on iTunes.

Music download available from iTunes

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