

## Dancing 4 Health

Music: "Just Stand Up" R&B Single. Stand Up 2 Cancer. 2008 Telethon. 3:34 min. 96 BPM

Description: 32 Count: 4 Wall: Rotation ccw: Beginner: No tags or Restarts.

Choreographer: Shanthie De Mel, Melbourne, Australia, October 2010

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

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

### **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!

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.