

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

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Count: 48 **Wall:** 4 **Level:** Beginner

Choreographer: Lisa McCammon , August 2015

Music: Don't Ever Let Nobody Drag Your Spirit Down* by the Heritage Blues Orchestra; [And Still I Rise CD - 108 BPM]

#32 count intro - Counterclockwise rotation; start with weight on L

This dance is dedicated to Jan.

[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 R forward to right diagonal, step L to side; step R back, step L home

5-8 Step side R, swaying R, L, R, L (let momentum sway right again 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 small forward rock to start pattern)

***The lyrics in this song contain a message for all of us, but the dance will work with other WCS rhythm tracks. Country suggestion: Blues, Stay Away From Me by Hot Rize & Red Knuckles and the Trailblazers.**

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