

Don't Give Up

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Count: 32 **Wall:** 2 **Level:** Easy Beginner

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

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

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

This dance is dedicated to my dear brother Nihal, & to all those brave people elsewhere in the World,

who are now struggling to overcome cancer. May our thoughts & healing wishes give them hope,

and empower them to live the rest of their lives in peace, to the fullest.

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

**For split floors, see line dances to the same music. "Stand Up 4 Health" -Intermediate
"Steps 2 Heal" -Beginner- 48 count.**

(1-8) SIDE, HOLD, ROCK, RETURN, SIDE, TOUCH, SIDE, HOOK

1,2,3,4 Take a big step L to left side, hold, rock R behind L, return L

5,6 Step R to right side, touch L together

7,8 Step L to left side, hook R foot in front of L shin (12:00)

(9-16) STEP, LOCK, STEP, SCUFF, JAZZ BOX TOUCH

1,2,3,4 Step R fwd, lock L behind R, step R fwd, scuff L fwd

5,6 Step L over R, step back on R

7,8 Step L to left side, touch R next to L (12:00)

(17-24) BACK, BACK, BACK, TOUCH, BACK, BACK, BACK, TOUCH

1,2,3,4 Step R back diag right, step L to R, step R back diag, touch L to R,

5,6 Step L back diag to left, step R to L

7,8 Step L back diag to left, touch R to L (12:00)

(25-32) VINE RIGHT SCUFF, SIDE, CROSS-ROCK, SIDE

1,2,3,4 Step R to right side, cross L behind R, step R to right side, scuff L fwd

5,6 Turning 1/2 right step L to left side, cross/ rock R over L

7,8 Return L, step R to right side. (6:00)

Mariah Carey, Beyonce, LeAnn Rimes, Rihanna, Miley Cyrus, Leona Lewis, Melissa Etheridge,

Carrie Underwood, Ashanti, Sheryl Crowe, Mary J. Blige, Keyshia Cole, Natasha Bedingfield,

Ciara, & Fergie sang “Just Stand Up” on Sept. 5th 2008 at The Radio City Music Hall in New York.

The 2 hour special concert telethon was simulcast on NBC, ABC & CBS without commercials, over

170 countries. The Stand Up To Cancer foundation raised \$100 million, which is now being used

for cancer research. The single “Just Stand Up” by the 15 divas was released as a R&B single.