

# Steps 2 Heal

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**Count:** 48      **Wall:** 4      **Level:** 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". Rotation CCW.**

**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, & 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- 64 count**

**"Don't Give Up" -Beginner- 32 count.**

**(1-8) SIDE, DRAG, ROCK, RETURN, SIDE, TOUCH, SIDE, HOOK**

**1,2,3,4** Take a big step L to left side, drag R towards L & slightly back, rock R back, 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) FWD, LOCK, FWD, SCUFF, FWD, PIVOT, SIDE, TOUCH**

**1,2,3,4** Turning 1/4 right step R fwd, lock L behind R, step R fwd, scuff L fwd (3:00)

**5,6** Step L fwd, pivot 1/2 right ending on R (9:00)

**7,8** Turning 1/4 right step L to left side, touch R next to L (12:00)

**(17-24) SIDE, DRAG, ROCK, RETURN, SIDE, TOUCH, SIDE, HOOK**

**1,2,3,4** Take a big step R to right side, drag L towards R slightly back, rock L back, return R

**5,6** Step L to left side, touch R together

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

### **(25-32) FWD, LOCK, FWD, SCUFF, FWD, PIVOT, SIDE, TOUCH**

**1,2,3,4** Turning 1/4 left step L fwd, lock R behind L, step L fwd, scuff R fwd ( 9:00)

**5,6** Step R fwd, pivot 1/2 left ending on L (3:00)

**7,8** Turning 1/4 step R to right side, touch L next to R (12:00)

### **(33-40) FWD ROCKING CHAIR, LEFT JAZZ BOX TOUCH**

**1,2,3,4** Rock L fwd, return R, rock L back, return R

**5,6,7,8** Step L over R, step back R, step L to left side, touch R next to L (12:00)

### **(41-48) FWD ROCKING CHAIR, RIGHT JAZZ BOX HOLD**

**1,2,3,4** Rock R fwd, return L, rock R back, return L

**5,6,7,8** Cross R over L, turning 1/4 left step L back, step R to right side, hold. (9:00)

**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.**