

# Dancing 4 Health

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**Count:** 32                      **Wall:** 4                      **Level:** Beginner

**Choreographer:** Shanthie De Mel , Melbourne, Australia, Oct 2010

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

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

**Rotation right. No 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 her a speedy recovery, & many happy years of dancing. With the singers we say - "Don't give up. Through it all just stand up."**

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

**SIDE. HOLD. CROSS/ROCK. RECOVER. SIDE. HOLD. CROSS/ROCK. RECOVER.**

**1, 2, 3, 4** Step L to left. Hold. Rock R over L. Recover L.

**5, 6, 7, 8** Step R to right. Hold. Rock L over R. Recover R. (12:00)

**VINE LEFT WITH HOLD. VINE RIGHT WITH HOLD.**

**1, 2, 3, 4** Step L to left. Hold. Cross R behind L. Step L to left.

**5, 6, 7, 8** Step R to right. Hold. Cross L behind R. Step R to right. (12:00)

**FORWARD. HOLD. LOCK. FORWARD. BACK. HOLD. LOCK. BACK.**

**1, 2, 3, 4** Step L diagonally forward. Hold. Lock R behind L. Step L diagonally forward.

**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 RIGHT 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 right step back L. Step R to right. (3:00)

**Keep to the count, even when the phrasing does not quite seem to fit, especially when 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.**

**Last Update - 19th March 2017**