

Jan's Dance

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

Description: 64 Count: 2 Wall: Intermediate: No Tags or Restarts.

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

Begin: Wt on right foot. 16 count intro. 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 "Dancing 4 Health" Beginner dance, to the same music.

BIG STEP TO SIDE, HOLD, DRAG, BACK/ROCK, RETURN, SIDE, TOUCH, SIDE, 1/4 TURN HOOK,

1, 2, 3, 4 Take a big step on L to left side, hold, drag R towards L & rock R back, return L
5, 6 Step R to right side, touch L next to R
7, 8 Step L to left side, turning 1/4 right hook R in front of left shin (3:00)

FWD SHUFFLE, FWD, PIVOT 1/2, FWD SHUFFLE, FWD, HOLD

1&2, 3, 4 Step R fwd, step L next to R, step R fwd, step L fwd, pivot 1/2 right with weight on R (9:00)
5&6, 7, 8 Step L fwd, step R next to L, step L fwd, step R fwd, hold (9:00)

BIG STEP TO SIDE, HOLD, DRAG, BACK/ROCK, RETURN, SIDE, TOUCH, SIDE, 1/4 TURN HOOK,

1, 2, 3, 4 Take a big step on L to left side, hold, drag R towards L & rock R back, return L
5, 6 Step R to right side, touch L next to R
7, 8 Step L to left side, turning 1/4 right hook R in front of left shin (12:00)

FWD SHUFFLE, FWD, TURN 1/4, FWD SHUFFLE, SIDE, HOLD

1&2, 3, 4 Step R fwd, step L next to R, step R fwd, step L fwd, turn 1/4 right with weight on R (3:00)
5&6, 7, 8 Step L fwd, step R next to L, step L fwd, step R to right side, hold (3:00)

BEHIND, SIDE, CROSS, SWEEP, CROSS, SIDE, BEHIND, SWEEP

1, 2, 3, 4 Cross L behind R, step R to right side, cross L over R, sweep R out from back to front
5, 6, 7, 8* Cross R over L, step L to left side, cross R behind L, sweep L out from front to back (3:00)

BACK- LOCK- BACK, BACK, HOLD, LOCK- BACK- LOCK, SIDE, HOLD

1&2, 3, 4 Step L back, lock R over L, step L, step R back, hold
5&6, 7, 8 Lock L over R, step R back, lock L over R, step R to right side, hold (3:00)

TURN 1/4 STOMP, HOLD, SAILOR RIGHT, BALL, STOMP, HOLD, SAILOR LEFT

1, 2 Turning 1/4 left stomp L to left side, hold (12:00)
3&4& Cross R behind L, step L to left side, step R to right side, step on ball of L
5, 6, 7&8 Stomp R to right side, hold, cross L behind R, step R to right side, step L to left side

CROSS, HOLD, BALL, CROSS SHUFFLE, 1/4 TURN BACK, HOLD, 1/4 TURN SIDE, HOLD

1, 2 & Cross R over L, hold, step on ball of L
3&4, Cross R over L, step L to left side, cross R over L
5, 6 Turning 1/4 left step L back, hold (9:00)
7, 8 Turning 1/4 left step R to right side, hold. (6:00)

Keep to the count, even when the phrasing does not quite seem to fit, & when the key changes.

This was done on purpose to avoid Tags or Restarts!

ENDING* Optional: The dance finishes on count 40* facing 3:00. 1/4 turn left at sweep L to face 12:00

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 now being used for cancer research. "**Just Stand Up**" was released as a R&B single, available on iTunes.