

Stand Up 4 Health

COPPER KNOB
BY STEPHENETS

Count: 64

Wall: 2

Level: Intermediate

Choreographer: Shanthie De Mel (AUS) - June 2010

Music: Just Stand Up! - Artists Stand Up to Cancer : (2008 Telethon - 3:34)



Begin: Wt on R. 16 count intro. 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 "Don't Give Up"- Beginner. "Steps 2 Heal"-Beginner.

(1-8) SIDE, DRAG, ANCHOR STEP, SIDE, HOOK, FWD, LOCK, FWD

1,2 Take a big step L to left side & slightly back, drag R towards L
3&4 Rock R behind L, recover L, rock R in place
5,6 Step L to left side, hook R foot in front of L shin
7&8 Turning 1/4 right step fwd R, lock L behind R, step fwd R (3:00)

(9-16) FWD, PIVOT, SHUFFLE-SIDE, ROCK, RETURN, SCUFF- BALL-CROSS

1,2 Step fwd L, pivot 1/2 right keeping wt on R
3&4 Turning 1/4 right step L to left side, step R together, step L to left side
5,6 Rock R behind L, recover L,
7&8 Scuff R fwd, step on ball of R, cross L over R (12:00)

(17-24) SIDE, DRAG, ANCHOR STEP, SIDE, HOOK, FWD, LOCK, FWD

1,2 Take a big step R to right side & slightly back, drag L towards R
3&4 Rock L behind R, recover R, rock L in place
5,6 Step R to right side, hook L foot in front of R shin
7&8 Turning 1/4 left step L fwd, lock R behind L, step L fwd (9:00)

(25-32) FWD, PIVOT, SHUFFLE-SIDE, ROCK, RETURN, SCUFF-BALL- CROSS

1,2 Step R fwd, pivot 1/2 left ending on L
3&4 Turning 1/4 left step R to right side, step L together, step R to right side
5,6 Rock L behind R, return R
7&8 Scuff L fwd, step on ball of L, cross R over L (12:00)

(33-40) STOMP, HOLD, SAILOR RIGHT, BACK, HOLD, HEEL-BALL-CROSS

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

(41-48) STOMP, HOLD, SAILOR LEFT, BACK, HOLD, HEEL-BALL-CROSS

1,2 Stomp R beside L, hold
3&4 Turning 1/2 left cross L behind R, step R to right side, step L to left side,
5,6,7&8 Step back R, hold, touch L heel fwd, step on ball of L, cross R over L (3:00)

(49-56) SYNCOPATED WEAVE LEFT, ROCK, RETURN, COASTER LEFT

1,2,3&4 Step L to left side, hold, cross R behind L, step L to left side, cross R over L
5,6,7&8 Rock fwd L, return R, step back L, step R together, step L fwd (3:00)

(57-64) SYNCOPATED WEAVE RIGHT, ROCK, RETURN, SIDE, HOLD

1,2,3&4 Step R to right side, hold, cross L behind R, step R to right side, cross L over R

5,6,7,8 Rock R fwd, return L, turning 1/4 right step R to right side, hold. (6:00)
Keep to the count when the key changes. This was on purpose to avoid Tags/Restarts!

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.
