

Jan's Dance

Count: 64

Wall: 2

Level: Intermediate

Choreographer: Shanthie De Mel (AUS) - October 2010

Music: Just Stand Up! - Artists Stand Up to Cancer : (Stand Up 2 Cancer 2008 Telethon, iTunes - 3:34)



Begin: 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 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 "Dancing 4 Health" Beginner dance, to the same music.

BIG STEP TO SIDE. HOLD. DRAG. ROCK. RECOVER. SIDE. TOUCH. SIDE. 1/4 TURN HOOK.

- 1, 2, 3, 4 Take a big step on L to left. Hold. Drag R towards L & rock R back. Recover L.
5, 6 Step R to right. Touch L to R.
7, 8 Step L to left. Turning 1/4 right hook R. (3:00)

SHUFFLE FORWARD. PIVOT 1/2. SHUFFLE FORWARD. FORWARD. HOLD.

- 1&2, 3, 4 Shuffle forward R-L-R. Step L forward. Pivot 1/2 right with weight on R (9:00)
5&6, 7, 8 Shuffle forward L-R-L. Step R forward. Hold. (9:00)

BIG STEP TO SIDE. HOLD. DRAG. BACK/ROCK. RECOVER. SIDE. TOUCH. SIDE. 1/4 TURN HOOK.

- 1, 2, 3, 4 Take a big step on L to left. Hold. Drag R towards L & rock R back. Recover L.
5, 6 Step R to right. Touch L to R.
7, 8 Step L to left. Turning 1/4 right hook R. (12:00)

SHUFFLE FORWARD. TURN 1/4. SHUFFLE FORWARD. FORWARD. HOLD.

- 1&2, 3, 4 Shuffle forward R-L-R. Step L forward. Turn 1/4 right with weight on R (3:00)
5&6, 7, 8 Shuffle forward L-R-L. Step R forward. Hold. (3:00)

BEHIND. SIDE. CROSS. SWEEP. CROSS. SIDE. BEHIND. SWEEP.

- 1, 2, 3, 4 Cross L behind R. Step R to right. Cross L over R. Sweep R out from back to front.
5, 6, 7, 8 *□Cross R over L. Step L to left. Cross R behind L. Sweep L out from front to back. (3:00)

LOCK BACK. BACK. HOLD. LOCK BACK. SIDE. HOLD.

- 1&2, 3, 4 Step L back. Lock R over L. Step L back. Step R back. Hold.
5&6, 7, 8 Lock L over R. Step R back. Lock L over R. Step R to right. Hold. (3:00)

TURN 1/4 STOMP. HOLD. SAILOR RIGHT. TOGETHER. STOMP. HOLD. 1/4 SAILOR LEFT.

- 1, 2 Turning 1/4 left stomp L to left. Hold. (12:00)
3&4& Cross R behind L. Step L to left. Step R to right. Step L together.
5, 6, 7&8 Stomp R to right. Hold. Turning 1/4 left cross L behind R. Step R to right. Step L to left. (9:00)

CROSS. HOLD. CROSS SHUFFLE. 1/4 SAILOR LEFT. TOGETHER. SIDE. HOLD.

- 1, 2 & Cross R over L. Hold. Step on ball of L.
3&4& Cross R over L. Step on ball L. Cross R over L. Step on ball L.
5&6& Turning 1/4 left cross R behind L. Step L to left. Step R to right. Step L to R. (6:00)
7, 8 Step R to side. Hold. (6:00)

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!

ENDING* Optional: The music finishes on count 40* facing 3:00. Turn 1/4 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.

Last Update – 19th March 2017
