

Don't Give Up

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 2 级数: Easy Beginner
编舞者: Shanthie De Mel (AUS) - June 2010
音乐: Just Stand Up! - Artists Stand Up to Cancer : (2008 Telethon - 3:34)



Begin: Wt on R: Intro 16 count: 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. "Stand Up 4 Health" -Intermediate
"Steps 2 Heal" -Beginner- 48 count.

(1-8) SIDE, HOLD, ROCK, RETURN, SIDE, TOUCH, SIDE, HOOK

1,2,3,4 Take a big step L to left side, hold, rock R behind L, 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) STEP, LOCK, STEP, SCUFF, JAZZ BOX TOUCH

1,2,3,4 Step R fwd, lock L behind R, step R fwd, scuff L fwd
5,6 Step L over R, step back on R
7,8 Step L to left side, touch R next to L (12:00)

(17-24) BACK, BACK, BACK, TOUCH, BACK, BACK, BACK, TOUCH

1,2,3,4 Step R back diag right, step L to R, step R back diag, touch L to R,
5,6 Step L back diag to left, step R to L
7,8 Step L back diag to left, touch R to L (12:00)

(25-32) VINE RIGHT SCUFF, SIDE, CROSS-ROCK, SIDE

1,2,3,4 Step R to right side, cross L behind R, step R to right side, scuff L fwd
5,6 Turning 1/2 right step L to left side, cross/ rock R over L
7,8 Return L, step R to right side. (6:00)

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.
